

The Shyne School Menu

May 11th - May 22nd

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Apples & Crackers Water	Cheese & Crackers Water	Raisins & Pretzels Water	Treat Day! Milk
LUNCH 12:00PM	Spring Rolls Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Pasta Marinara Fresh Seasonal Veggies Fresh Seasonal Fruit Milk	Chicken Noodle Fresh Seasonal Veggies Fresh Seasonal Fruit Milk	Slider Builders Fresh Seasonal Veggies Fresh Seasonal Fruit Milk	SW Rice & Beans Fresh Seasonal Veggies Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Fruit & Cheese It's Water	Veggies & Wheat Thins Water	Fruit & Crunchmasters Water	Apple Sauce & Grahams Water	Veggies & Crackers Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Blueberries & Yogurt Water	Goldfish & Fruit Water	Apples & Cheese Water	Grahams & Sunbutter Water	Treat Day! Milk
LUNCH 12:00PM	Fish Sticks Fresh Seasonal Veggies Fresh Seasonal Fruit Milk	Chef Pasta Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Black Bean Chili Fresh Seasonal Veggies Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggies Fresh Seasonal Fruit Milk	Burrito Builders Fresh Seasonal Veggies Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Crackers & Veggies Water	Fruit & Crunchmasters Water	Veggies & Cheese It's Water	Raisins & Pretzels Water	Fruit & Wheat Thins Water

Breakfast and snacks include two of the four food groups. Breakfast is served at 7:30. Lunch consists of all four food groups (grain, protein, fruit/vegetable, and dairy).

Menus are rotated on a six week basis. Each week contains a vegetarian meal.(Please let the office know if your child requires a vegetarian or other special diet substitution) We work hard to limit lunches to no more than one processed food item for lunch per week. Most meal items are made from scratch with whole grains and fresh fruits and vegetables. The Shyne School does not serve tree nuts.

