

# The Shyne School Menu

September 22nd - October 3rd

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Cereal Water	Apples & Cheese Water	Crackers & Fruit Water	Raisins & Pretzels Water	Treat Day! Milk
<b>LUNCH</b> 12:00PM	Spring Rolls Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Pasta Marinara Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chicken Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pizza Muffins Fresh Seasonal Veggies Fresh Seasonal Fruit
<b>PM SNACK</b> 2:30PM	Fruit & Crackers Water	Veggies & Cheese It's Water	Fruit & Pirate Booty Water	Apple Sauce & Grahams Water	Veggies & Crunchmasters Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Blueberries & Yogurt Water	Apples & Cheese water	Fruit & Crackers Water	Apple Sauce & Cheese It's Water	Treat Day! Milk
<b>LUNCH</b> 12:00PM	Fish Sticks Seasonal Veggie Fresh Seasonal Fruit Milk	Ham and Pea Pasta Seasonal Fruit Seasonal Vegetable Milk	Tuscan White Bean Seasonal Fruit Seasonal Veggie Milk	Meatball Sliders Seasonal Veggie Fresh Seasonal Fruit Milk	Cottage Pie Seasonal Fruit Seasonal Veggie Milk
<b>PM SNACK</b> 2:30PM	Crackers & Veggies Water	Fruit & Wheat Thins Water	Veggies & Pretzels water	Chips & Raisins Water	Fruit & Crackers 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.

