

The Shyne School Menu

February 16th - February 27th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Fruit & Crackers Water	Crackers & Cheese Water	Apple Sauce & Grahams Water	Treat Day! Milk
LUNCH 12:00PM	Chicken Nuggets Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Pasta Marinara Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tuscan White Bean Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Winter Casserole Fresh Seasonal Veggies Fresh Seasonal Fruit
PM SNACK 2:30PM	Fruit & Crackers Water	Veggies & Wheat Thins Water	Fruit & Chips Water	Veggies & Pretzels Water	Fruit & Cheese It's Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Blueberries & Yogurt Water	Bread & Sunbutter water	Fruit & Wheat Thins Water	Raisins & Pretzels Water	Treat Day! Milk
LUNCH 12:00PM	Fish Sticks Seasonal Veggie Fresh Seasonal Fruit Milk	Cheesy Pasta Seasonal Fruit Seasonal Vegetable Milk	Chicken Noodle Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Slider Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Crackers & Veggies Water	Fruit & Crunchmasters Water	Veggies & Chips Water	Apple Sauce & Grahams Water	Apples & Cheez It's 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.

