

The Shyne School Menu

October 20th - October 31st

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Apples & Cheese Water	Raisin Bread & Milk Water	Fruit & Pita Chips Water	Treat Day! Milk
LUNCH 12:00PM	Spring Rolls Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Fall Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chicken & Rice Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chicken Salad & Crackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Burrito Builders Fresh Seasonal Veggies Fresh Seasonal Fruit
PM SNACK 2:30PM	Fruit & Gold Fish Water	Veggies & Wheat Thins Water	Fruit & Chips Water	Apple Sauce & Grahams Water	Veggies & Garden Dip Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Blueberries & Yogurt Water	Bread & Sunbutter water	Fruit & Cheese Water	Apple Sauce & Grahams Water	Treat Day! Milk
LUNCH 12:00PM	Cheese Tortellini Seasonal Veggie Fresh Seasonal Fruit Milk	Pesto Pasta Seasonal Fruit Seasonal Vegetable Milk	Chicken Chili Seasonal Fruit Seasonal Veggie Milk	Slider Builders Seasonal Veggie Fresh Seasonal Fruit Milk	Fall Casserole Seasonal Fruit Seasonal Veggie Milk
PM SNACK 2:30PM	Crackers & Veggies Water	Fruit & Crunchmasters Water	Veggies & Pirate Booty water	Pretzels & Raisins Water	Fruit & Pirates Booty 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.

