

# The Shyne School Menu

April 13th - April 24th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Cereal Water	Apples & Crackers Water	Fruit & Cheese Water	Raisins & Pretzels Water	Treat Day! Milk
<b>LUNCH</b> 12:00PM	Fish Sticks Fresh Fruit Seasonal Veggies Milk	Chef Pasta Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Chili Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Spring Pilaf Fresh Seasonal Veggies Fresh Seasonal Fruit
<b>PM SNACK</b> 2:30PM	Fruit & Cheese It's Water	Veggies & Wheat Thins Water	Fruit & Chips Water	Apple Sauce & Grahams Water	Veggies & Crackers Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Blueberries & Yogurt Water	Cheese It's & Fruit water	Crackers & Cheese Water	Grahams & Sunbutter Water	Treat Day! Milk
<b>LUNCH</b> 12:00PM	Spring Rolls Seasonal Veggie Fresh Seasonal Fruit Milk	Pasta Marinara Seasonal Fruit Seasonal Vegetable Milk	SW Chicken Soup Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tuna Salad & Crackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Crackers & Veggies Water	Fruit & Crunchmasters Water	Veggies & Chips Water	Crackers 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.

