

# The Shyne School Menu

March 2nd - March 13th

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	Spring Rolls Fresh Fruit Seasonal Veggies Milk	Chef Pasta 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 & Chips Water	Veggies & Wheat Thins Water	Fruit & Chips Water	Raisins & Chips Water	Veggies & Goldfish Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Blueberries & Yogurt Water	Bread & Sunbutter water	Fruit & Cheese Water	Raisins & Pretzels Water	Treat Day! Milk
<b>LUNCH</b> 12:00PM	Potstickers Seasonal Veggie Fresh Seasonal Fruit Milk	Ham & Pea Pasta Seasonal Fruit Seasonal Vegetable Milk	Winter Bean Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Slider Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	SW Beans & Rice Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Crackers & Veggies Water	Fruit & Crunchmasters Water	Veggies & Chips Water	Raisins & Graham 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.

