

The Shyne School Menu

January 19th - January 30th

Vegetarian options always available

	Monday	&	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Fruit & Crackers Water	Crackers & Cheese Water	Raisins & Pretzels Water	Treat Day! Milk
LUNCH 12:00PM	Chicken Nuggets Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Ham & Pea Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Veggie Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Slider Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pizza Muffins 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 & Goldfish Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Blueberries & Yogurt Water	Bread & Sunbutter water	Fruit & Wheat Thins Water	Apple Sauce & Grahams Water	Treat Day! Milk
LUNCH 12:00PM	Fish Sticks Seasonal Veggie Fresh Seasonal Fruit Milk	Pasta Marinara Seasonal Fruit Seasonal Vegetable Milk	Black Bean Chili Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cottage Pie Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Crackers & Veggies Water	Fruit & Crunchmasters Water	Veggies & Chips Water	Raisins & 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.

