

The Shyne School Menu

November 17th - November 28th

Vegetarian options always available

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|---|---|---|--|
| AM SNACK 9:30PM | Yogurt & Cereal Water | Apples & Crackers Water | Fruit & Cheese Water | Apple Sauce & Grahams Water | Treat Day! Milk |
| LUNCH 12:00PM | Chicken Nuggets Fresh Seasonal Fruit Fresh Seasonal Veggies Milk | Cheesy Chicken Pasta 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 | Chicken Fried Rice Fresh Seasonal Veggies Fresh Seasonal Fruit |
| PM SNACK 2:30PM | Fruit & Gold Fish Water | Veggies & Wheat Thins Water | Fruit & Chips Water | Raisins & Chips Water | Veggies & Garden Dip Water |
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| AM SNACK 9:30PM | Blueberries & Yogurt Water | Bread & Sunbutter water | Fruit & Cheese Water | | |
| LUNCH 12:00PM | Potstickers Seasonal Veggie Fresh Seasonal Fruit Milk | Pasta Marinara Seasonal Fruit Seasonal Vegetable Milk | Chicken Stew Seasonal Fruit Seasonal Veggie Milk | Closed for Thanksgiving | Closed for Native American Heritage Day |
| PM SNACK 2:30PM | Crackers & Veggies Water | Fruit & Crunchmasters Water | Veggies & Chips 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.

