



The Shyne School Menu #2

May 6th-18th, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Mixed Fruit Milk Water	Wheat Crackers Banana Halves Water	Cinnamon Applesauce Grahams Water	Yogurt w/granola Water	Mini Bagels w/cream cheese Water
LUNCH 12:00PM	Sloppy Joes Peas and Carrots Pineapple Milk	Pizza Pasta Fresh Vegetables Strawberries Milk	Taco Salad Mandarins Milk	Veggie Sausage /on English Muffins Carrots/Apples Milk	Bean and Cheese Burritos Cucumber Medallions Pears Milk
PM SNACK 2:30PM	Celery w/cream cheese dip Pretzels Water	Apple Dippers Water	Triscuits Cheese Cubes Water	Mudd Balls Milk Water	Salty Mix Swamp Juice Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	String Cheese Apple Slices Water	Raisin Bread Milk Water	Whole Wheat Cereal Cups Milk Water	Oatmeal Bars Water	Animal Crackers Banana Halves Water
LUNCH 12:00PM	Mac and Cheese Mixed Vegetables Peaches Milk	Ravioli Green Beans Grape Clusters Milk	Tatar Tot Casserole Salad w/dressing Seasonal Fruit Milk	Pot Stickers Broccoli Pineapple Milk	Southwest Soup w/tortillas and cheese Orange Smiles Milk
PM SNACK 2:30PM	Veggies w/garden dip Water	Hard Boiled Eggs Variety Crackers Water	Bean Dip Crackers Water	Jelly Sandwiches Milk Water	Soy Butter w/apple slices Water

Breakfast and snacks include two of the four food groups. Breakfast is served at 7:50. 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. 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.