

Frankie Lemmon School Menu 10/16/17 to 10/27/17

	Monday 10/16/17	Tuesday 10/17/17	Wednesday 10/18/17	Thursday 10/19/17	Friday 10/20/17
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%)	Whole Grain Shredded Wheat Diced pears Milk	Vanilla yogurt Mandarin Oranges Milk	Whole Grain Pancakes Diced peaches Milk	Whole grain Cheerios ½ banana Milk	Whole grain Blueberry muffin ½ banana Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%)	Fiesta Beef & Rice Refried beans Applesauce Milk	Sloppy Joes w. onion*on Whole Grain Bun Corn Pineapple Tidbits Milk	Meatballs w. gravy Whole Wheat bread Mashed potatoes Apple slices* Milk	Cheese Ravioli w/marinara* (pasta) Peas Orange slices Milk	Chicken nuggets Whole Wheat roll Salad w. cucumber* Mixed fruit Milk
Snack: 2 components	Goldfish Raisins Water	Chex Mix Applesauce Water	Animal Crackers Yogurt Water	Pretzels Diced Pears Water	String cheese Cheese Crackers Water
	Monday 10/23/17	Tuesday 10/24/17	Wednesday 10/25/17	Thursday 10/26/17	Friday 10/27/17
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%)	Whole grain Cinnamon raisin toast Orange slices Milk	Whole grain Oatmeal Raisins Milk	Turkey sausage Mandarin oranges Milk	Whole Wheat toast Hash brown patty Milk	Family School Partnership Day: Hill Ridge Farm Field Trip (School Closed)
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%)	Turkey Hot dogs Hot dog bun Tater tots Mandarin oranges Milk	Beef tacos on flour tortillas Corn Apple slices* Milk	Chicken sandwich Whole Wheat bun Baked beans Applesauce Milk	Cheesy Ziti w. marinara w. onions* & tomatoes* (pasta & cheese) Glazed carrots ½ banana & Milk	
Snack: 2 components & water	Cheese crackers Diced Peaches Water	Animal Crackers ½ banana Water	Whole Wheat crackers String Cheese Water	Diced peaches Wheat thins Water	



*We serve local, fresh, North Carolina produce in partnership with

-We follow USDA Guidelines for nutrition as part of the Child & Adult Care Food Program. USDA is an equal opportunity provider and employer.

-Alternate for medical dietary restrictions: Grilled Cheese Sandwich; String Cheese; Yogurt; Soy nut butter sandwich