

Frankie Lemmon School Menu 10/30/17 to 11/10/17

	Monday 10/30/17	Tuesday 10/31/17	Wednesday 11/1/17	Thursday 11/2/17	Friday 11/3/17
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%)	Biscuit w. jelly Mandarin oranges Milk	Whole grain Blueberry muffin Applesauce Milk	Whole Grain Waffle sticks Tropical Fruit Milk	Rice Krispy Cereal ½ banana Milk	Whole Wheat toast Hasbrown Milk
Lunch: Meat/Meat Alt. Grain/Breads Vegetable Fruit Milk (1%)	Baked chicken & rice Mixed veggies Diced peaches Milk	Spaghetti w/meat sauce tomatoes* (pasta) Peas Diced pears Milk	Chicken Strips Whole Wheat roll Green beans Apple slices Milk	Fish sticks Whole Wheat bread Zucchini* & Squash* Pineapple Tidbits Milk	Cheeseburger macaroni (pasta) Corn Mandarin oranges Milk
Snack: 2 components	Whole Wheat crackers String Cheese Water	Cheese Cubes Pita Chips Water	Yogurt Wheat Thin Crackers Water	Trail Mix w. pretzels & goldfish crackers Applesauce; Water	Cheese crackers ½ banana Water
	Monday 11/6/17	Tuesday 11/7/17	Wednesday 11/8/17	Thursday 11/9/17	Friday 11/10/17
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%)	Whole Grain Blueberry Pancakes; Applesauce Milk	Whole Grain Cinnamon Raisin Toast; Orange Slices; Milk	Rice Chex Cereal ½ banana Milk	Whole Grain French toast; Diced peaches Milk	HOLIDAY
Lunch: Meat/Meat Alt. Grain/Breads Vegetable Fruit Milk (1%)	Macaroni & Cheese (pasta & cheese) Broccoli Diced Pears Milk	Chicken Nuggets (breading) Baked fries Mandarin oranges Milk	Asian beef & onions* w. rice Peas & carrots Apple slices* Milk	Shredded bbq chicken sandwich on whole wheat bun Salad w. cucumbers* ½ banana Milk	
Snack: 2 components	Whole Grain SunChips Raisins Water	Yogurt Whole Grain Pretzels Water	String cheese Whole Wheat Crackers Water	Cheese crackers Applesauce Water	



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

-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