

Frankie Lemmon School Menu 11/13/17 – 11/24/17

	Monday 11/13/17	Tuesday 11/14/17	Wednesday 11/15/17	Thursday 11/16/17	Friday 11/17/17
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%)	Whole Wheat Cheese Toast Diced pears Milk	Turkey Sausage Hash brown patty Milk	Whole Grain Waffle sticks & ½ banana Milk	Yogurt Diced peaches Milk	Whole Grain Cheerios Mandarin Oranges Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%)	Beef chili with beans & cornbread Corn Mandarin oranges Milk	Salisbury Steak Whole wheat bread Mashed potatoes Applesauce Milk	Beef & cheese tacos w. onions* (flour tortilla) Pinto beans, Apple slices* Milk	Chicken Strips Whole Wheat Roll Baked Sweet Potato* Pineapple Tidbits Milk	Cheese Pizza (crust) Salad w. cucumber* Applesauce Milk
Snack: 2 components	Ritz Bitz Crackers Orange slices Water	Yogurt Dried Cranberries Water	Carrot Sticks w. ranch; goldfish; Water	String cheese w/ whole wheat crackers Water	Cheddar Chex Snacks ½ banana Water
	Monday 11/20/17	Tuesday 11/21/17	Wednesday 11/22/17	Thursday 11/23/17	Friday 11/24/17
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%)	Rice chex cereal Diced peaches Milk	Whole Grain French toast sticks Mandarin oranges Milk	HOLIDAY	HOLIDAY	HOLIDAY
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%)	Chicken sandwich (whole wheat bun) Green beans; Diced pears; Milk	Turkey & Stuffing Mashed potatoes Peas Baked apples Milk			
Snack: 2 components	Tortilla Chips, Cheese Cubes & Salsa; Water	Raisins Goldfish 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