

## Frankie Lemmon School Menu 1/14/19 – 1/25/19

	<b>Monday 1/14/19</b>	<b>Tuesday 1/15/19</b>	<b>Wednesday 1/16/19</b>	<b>Thursday 1/17/19</b>	<b>Friday 1/18/19</b>
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Cheerios Diced Peaches Milk	WG Toast Hash Brown Milk	WG Pancake Tropical Fruit Milk	Yogurt ½ Banana Milk	WG Blueberry Muffin Applesauce Milk
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Chicken Strips WG Roll Green Beans Applesauce Milk	Beef & Cheese Tacos (flour tortilla) (onion*) Corn Orange Slices Milk	Grilled Chicken Sandwich (Bun) Broccoli Baked Apples Milk	Creamy Chicken Noodle Soup French Bread Peas & Carrots Apple Slices; Milk	Beef Hot Dog on Bun Baked Fries ½ Banana Milk
<b>Snack:</b> 2 components	Cheese Crackers Raisins Water	Pretzels String Cheese Water	Graham Crackers Mandarin Oranges Water	WG Goldfish Pineapple Tidbits Water	WG Cracker Cheese Cubes Water
	<b>Monday 1/21/19</b>	<b>Tuesday 1/22/19</b>	<b>Wednesday 1/23/19</b>	<b>Thursday 1/24/19</b>	<b>Friday 1/25/19</b>
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	<b>HOLIDAY SCHOOL CLOSED</b>	WG Waffle Applesauce Milk	WG Cheese Toast Diced Pears Milk	Kix Cereal ½ Banana Milk	WG Banana Muffin Mandarin Oranges Milk
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)		Cheeseburger Macaroni (w. onion*) Peas Diced Peaches Milk	Chicken & Rice Green Beans Tropical Fruit Milk	Fish Sticks WG Roll Glazed Carrots Apple Slices Milk	Mozzarella Cheese Pizza Salad w. Cucumber ½ Banana Milk
<b>Snack:</b> 2 components		Chex Mix Raisins Water	WG Cheerios Yogurt Water	Animal Crackers Pineapple Tidbits Water	WG Cracker String Cheese Water

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



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

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

WG = Whole Grain

Revised 12/6/18