

Frankie Lemmon School Menu 12/17/18 – 12/28/18

	Monday 12/17/18	Tuesday 12/18/18	Wednesday 12/19/18	Thursday 12/20/18	Friday 12/21/18
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Blueberry Muffin Applesauce Milk	WG Pancake Tropical Fruit Milk	WG Cinnamon Raisin Toast & Orange Slices Milk	WG Cheese Toast Diced Peaches Milk	WG Cheerios Mandarin Oranges Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Macaroni & Cheese (Pasta) Green Beans Mandarin Oranges Milk	Chicken Nuggets WG Roll Corn Baked Apples Milk	Asian Beef & Rice (onion*) Peas & Carrots Diced Pears Milk	BBQ Chicken Sandwich Baked Fries ½ Banana Milk	Mozzarella Cheese Pizza Salad w. cucumber ½ Banana Milk
Snack: 2 components	Cheese Crackers Apple Slices* Water	Chex Mix Raisins Water	WG Goldfish Yogurt Water	Animal Crackers Pineapple Tidbits Water	WG Cracker String Cheese Water
	Monday 12/24/18	Tuesday 12/25/18	Wednesday 12/26/18	Thursday 12/27/18	Friday 12/28/18
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	<u>Winter Holiday Break</u> SCHOOL CLOSED				
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)					
Snack: 2 components					

-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 Farm to ChildCare

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

WG = Whole Grain

Revised 12/6/18