

Frankie Lemmon School Menu 12/3/18 – 12/14/18

	Monday 12/3/18	Tuesday 12/4/18	Wednesday 12/5/18	Thursday 12/6/18	Friday 12/7/18
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Kix Cereal Mandarin Oranges Milk	WG Banana Muffin Tropical Fruit Milk	WG Cheese Toast Diced Peaches Milk	WG Pancake Applesauce Milk	WG Cheerios ½ Banana Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Chicken Parm Pasta Peas & Carrots Diced Pears Milk	Beef & Cheese Tacos (flour tortilla) (onion*) Corn Apple Slices Milk	Macaroni & Cheese (Pasta) Green Beans Orange Slices Milk	Beef Meatballs WG Roll Mashed Potatoes ½ Banana Milk	Mozzarella Cheese Pizza Salad w. cucumber Pineapple Tidbits Milk
Snack: 2 components	WG Goldfish Fruit Cocktail Water	WG Cracker Cheddar Cheese Cubes Water	Chex Mix Raisins Water	Yogurt Pretzels Water	Cheese Crackers Diced Pears Water
	Monday 12/10/18	Tuesday 12/11/18	Wednesday 12/12/18	Thursday 12/13/18	Friday 12/14/18
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Yogurt Mandarin Oranges Milk	Biscuit w. jelly Diced Pears Milk	WG Waffle Diced Peaches Milk	Turkey Sausage Hashbrowns Milk	Rice Chex Cereal ½ Banana Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Grilled Chicken Sandwich (Bun) Tater Tots Tropical Fruit Milk	Chicken & Rice Baked Sweet Potato* Apple Slices* Milk	Beef Stroganoff (pasta) Peas Orange Slices Milk	Fish Sticks WG Roll Baked Beans ½ Banana Milk	Chicken Strips French Bread; Broccoli Watermelon Milk
Snack: 2 components	Applesauce WG Goldfish Water	Carrot Sticks w. ranch WG Sun Chips Water	Tortilla Chips w. salsa String Cheese Water	Graham Crackers Pineapple Tidbits Water	Yogurt WG Cheerios 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 Farm to ChildCare

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

WG = Whole Grain

Revised 11/28/18