

Frankie Lemmon School Menu 12/31/18 – 1/11/19

	Monday 12/31/18	Tuesday 1/1/19	Wednesday 1/2/19	Thursday 1/3/19	Friday 1/4/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Winter Holiday Break SCHOOL CLOSED			Kix Cereal Mandarin Oranges Milk	WG Waffle Applesauce Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)				Grilled Chicken Sandwich Corn Diced Peaches Milk	Fish Sticks WG Roll Baked Beans Pineapple Milk
Snack: 2 components				WG Goldfish Raisins Water	Pretzels Orange Slices Water
	Monday 1/7/19	Tuesday 1/8/19	Wednesday 1/9/19	Thursday 1/10/19	Friday 1/11/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Yogurt Diced Peaches Milk	WG Pancake Pineapple Tidbits Milk	Biscuit w. Jelly Applesauce Milk	Turkey Sausage ½ Banana Milk	WG Banana Muffin Tropical Fruit Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Baked Crispy Chicken Sandwich Tater Tots Orange Slices Milk	Beef Meatballs WG Roll Baked Sweet Potato* Apple Slices Milk	Vegetable Beef Soup (w. onion* & potatoes*) French Bread Mandarin Oranges Milk	Beef Stroganoff Pasta Peas Fruit Cocktail Milk	Mozzarella Cheese Pizza Salad w. Cucumber ½ Banana Milk
Snack: 2 components	WG Cheerios Raisins Water	Tortilla Chips w. Salsa Cucumber Slices Water	WG Cracker Cheese Cubes Water	WG Sun Chips Diced Pears Water	Yogurt Graham Cracker 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 12/6/18