

Frankie Lemmon School Menu 1/28/19 – 2/8/19

	Monday 1/28/19	Tuesday 1/29/19	Wednesday 1/30/19	Thursday 1/31/19	Friday 2/1/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Cheerios Mandarin Oranges Milk	WG Pancake Tropical Fruit Milk	WG Cinnamon Raisin Toast & Orange Slices Milk	WG Blueberry Muffin Applesauce Milk	Yogurt ½ Banana Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Sloppy Joes on Bun Tater Tots Fruit Cocktail Milk	Macaroni & Cheese Green Beans Apple Slices Milk	Asian Beef & Rice (onion*) Peas & Carrots Baked Apples Milk	Chicken Parmesan Pasta Glazed Carrots ½ Banana Milk	Chicken Nuggets WG Roll Corn Diced Pears Milk
Snack: 2 components	Yogurt Graham Crackers Water	WG Sun Chips String Cheese Water	Chex Mix Raisins Water	Animal Crackers Pineapple Tidbits Water	WG Cracker Cheese Cubes Water
	Monday 2/4/19	Tuesday 2/5/19	Wednesday 2/6/19	Thursday 2/7/19	Friday 2/8/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG French Toast Sticks Diced Peaches Milk	WG Toast Hash Browns Milk	Turkey Sausage Orange Slices Milk	WG Banana Muffin Applesauce Milk	Rice Chex Cereal ½ Banana Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Grilled Chicken Sandwich Broccoli Diced Pears Milk	Taco Pasta w. Beef Baked Sweet Potato* Apple Slices Milk	Beef Meatballs WG Roll Mashed Potatoes Tropical Fruit Milk	WG Cheese Ravioli WG Roll Peas ½ Banana Milk	Mozzarella Cheese Pizza Salad w. Cucumber Mandarin Oranges Milk
Snack: 2 components	Cheese Crackers Pineapple Tidbits Water	Pretzels String Cheese Water	WG Cheerios Raisins Water	Tortilla Chips w. Salsa Carrot Sticks Water	WG Goldfish Yogurt 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 1/24/19