

Frankie Lemmon School Menu 2/11/19 – 2/22/19

	Monday 2/11/19	Tuesday 2/12/19	Wednesday 2/13/19	Thursday 2/14/19	Friday 2/15/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Rice Krispy Cereal Diced Peaches Milk	WG Waffle Orange Slices Milk	WG Toast Hash Browns Milk	WG Cinnamon Raisin Toast; Mandarin Oranges; Milk	WG Blueberry Muffin ½ Banana Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Chicken Nuggets WG Roll Peas Fruit Cocktail Milk	Vegetable Beef Soup French Bread Baked Apples Milk	Chicken & Rice Green Beans Tropical Fruit Milk	BBQ Chicken Sandwich Peas & Carrots ½ Banana Milk	Fish Sticks WG Roll Baked Beans Applesauce Milk
Snack: 2 components	Chex Mix Applesauce Water	WG Sun Chips Pineapple Tidbits Water	Pretzels Apple Slices Water	WG Cracker String Cheese Water	Animal Crackers Yogurt Water
	Monday 2/18/19	Tuesday 2/19/19	Wednesday 2/20/19	Thursday 2/21/19	Friday 2/22/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Cheerios Diced Peaches Milk	WG Pancake Diced Pears Milk	Biscuit w. jelly Fruit Cocktail Milk	WG Banana Muffin Applesauce Milk	WG Cheese Toast ½ Banana Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Baked Crispy Chicken Sandwich Tater Tots Orange Slices Milk	Beef & Cheese Tacos w. onion* Corn Apple Slices Milk	Chicken Strips WG Roll Green Beans Mandarin Oranges Milk	Pasta w. Meat Sauce Peas ½ Banana Milk	Mozzarella Cheese Pizza Salad w. Cucumber Tropical Fruit Milk
Snack: 2 components	WG Cracker String Cheese Water	Graham Crackers Yogurt Water	Animal Crackers Raisins Water	WG Goldfish Pineapple Tidbits Water	Pretzels Cheese Cubes 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 1/24/19