

Frankie Lemmon School Menu 3/11/19 – 3/22/19

	Monday 3/11/19	Tuesday 3/12/19	Wednesday 3/13/19	Thursday 3/14/19	Friday 3/15/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Kix Cereal Diced Peaches Milk	WG Toast Hash Browns Milk	WG French Toast Diced Pears Milk	WG Blueberry Muffin Applesauce Milk	Biscuit w. jelly Tropical Fruit Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Crispy Chicken Sandwich (bun) Corn Fruit Cocktail Milk	Cheeseburger Macaroni w. onion* (pasta) Green Beans Apple Slices Milk	Meatballs w. Gravy WG Roll Mashed Potatoes Mandarin Oranges Milk	WG Cheese Ravioli (pasta) Peas Pineapple Tidbits Milk	Chicken Nuggets WG Roll Tater Tots ½ Banana Milk
Snack: 2 components	WG Sun Chips Raisins Water	Chex Mix Cheddar Cheese Cubes Water	WG Goldfish Orange Slices Water	Yogurt ½ Banana Water	WG Cracker String Cheese Water
	Monday 3/18/19	Tuesday 3/19/19	Wednesday 3/20/19	Thursday 3/21/19	Friday 3/22/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Cheerios Applesauce Milk	WG Pancake Sliced Strawberries Milk	Turkey Sausage Diced Peaches Milk	WG Toast w. Cheese Fruit Cocktail Milk	WG Cinnamon Raisin Toast; ½ Banana Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Sloppy Joes w. onion* (bun) Corn Orange Slices Milk	Chicken Strips WG Roll Baked Sweet Potato Pineapple Tidbits Milk	Chicken & Rice Glazed Carrots Tropical Fruit Milk	Beef Stroganoff (pasta) Peas & Carrots ½ Banana Milk	Mozzarella Cheese Pizza Salad w. Cucumber Applesauce Milk
Snack: 2 components	Cheese Crackers Diced Pears Water	WG Banana Muffin Mandarin Oranges Water	WG Goldfish Apple Slices Water	Tortilla Chips w. Salsa Cheddar Cheese Cubes; Water	Pretzels 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 2/26/19