

## Frankie Lemmon School Menu 3/25/19 – 4/5/19

	Monday 3/25/19	Tuesday 3/26/19	Wednesday 3/27/19	Thursday 3/28/19	Friday 3/29/19
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Rice Chex Cereal Mandarin Oranges Milk	WG Toast Hash Browns Milk	WG French Toast Diced Peaches Milk	Kix Cereal ½ Banana Milk	WG Blueberry Muffin Orange Slices Milk
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Grilled Chicken Sandwich (bun) Baked French Fries Tropical Fruit Milk	Pasta w. Meat Sauce (onion*) (pasta) Peas Apple Slices Milk	Fish Sticks WG Roll Baked Beans Pineapple Tidbits Milk	Chicken & Noodles Broccoli Diced Pears Milk	Chicken Nuggets WG Roll Tater Tots ½ Banana Milk
<b>Snack:</b> 2 components	WG Cracker String Cheese Water	Yogurt Graham Crackers Water	WG Sun Chips Raisins Water	WG Goldfish Applesauce Water	Cheese Crackers Applesauce Water
	Monday 4/1/19	Tuesday 4/2/19	Wednesday 4/3/19	Thursday 4/4/19	Friday 4/5/19
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Cheese Toast Diced Pears Milk	WG Cinnamon Raisin Toast w. jelly Fruit Cocktail; Milk	WG Pancake Tropical Fruit Milk	Yogurt ½ Banana Milk	WG Banana Muffin Applesauce Milk
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Fish Fillet Sandwich Peas Diced Peaches Milk	Beef & Cheese Tacos (tortilla) Corn Mandarin Oranges Milk	Asian Beef & Rice Peas & Carrots Orange Slices Milk	Mac & Cheese (pasta) Green Beans Apple Slices Milk	Mozzarella Cheese Pizza Salad w. Cucumber ½ Banana Milk
<b>Snack:</b> 2 components	Chex Mix Raisins Water	WG Cracker Cheddar Cheese Cubes Water	Pretzels Carrot Sticks w. ranch Water	WG Cheerios Pineapple Tidbits Water	WG Sun Chips String Cheese 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 2/26/19