

Frankie Lemmon School Menu 4/22/19 – 5/3/19

	Monday 4/22/19	Tuesday 4/23/19	Wednesday 4/24/19	Thursday 4/25/19	Friday 4/26/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Kix Cereal Mandarin Oranges Milk	WG Toast Hash Browns Milk	WG Waffle Applesauce Milk	WG Banana Muffin Banana Milk	Family School Partnership Day (Field Trip) SCHOOL CLOSED
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Chicken Nuggets WG Roll Glazed Carrots Tropical Fruit Milk	WG Cheese Ravioli (pasta) Broccoli Apple Slices Milk	Chicken & Rice w. onion* Green Beans Orange Slices Milk	Beef Stroganoff Peas Strawberries* Milk	
Snack: 2 components	WG Cracker String Cheese Water	Animal Crackers Diced Peaches Water	Pretzels Raisins Water	Yogurt Cheese Crackers Water	
	Monday 4/29/19	Tuesday 4/30/19	Wednesday 5/1/19	Thursday 5/2/19	Friday 5/3/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Cheerios Diced Peaches Milk	WG Cheese Toast Applesauce Milk	WG French Toast Sticks; Fruit Cocktail Milk	WG Cinnamon Raisin Toast; ½ Banana Milk	WG Blueberry Muffin Strawberries* & Blueberries; Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Cheeseburger (bun) Tater Tots Pineapple Tidbits Milk	Beef & Cheese Tacos Corn Mandarin Oranges Milk	Fish Sticks WG Roll Baked Beans Apple Slices Milk	Chicken & Noodles w. onion* Peas & Carrots Tropical Fruit Milk	Mozzarella Cheese Pizza Salad w. Cucumber ½ Banana Milk
Snack: 2 components	WG Goldfish Diced Pears Water	Tortilla Chips w. Salsa Cheddar Cheese Cubes Water	WG Sun Chips Orange Slices Water	Chex Mix String Cheese Water	Graham Crackers 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 **Farm to ChildCare**

-Alternate for medical dietary restrictions: Grilled Cheddar Cheese Sandwich; String Cheese; Yogurt; Soy nut butter sandwich

WG = Whole Grain

Revised 4/2/19