

## Frankie Lemmon School Menu 5/6/19 – 5/17/19

	Monday 5/6/19	Tuesday 5/7/19	Wednesday 5/8/19	Thursday 5/9/19	Friday 5/10/19
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Cheerios Cereal Tropical Fruit Milk	WG Pancake Diced Peaches Milk	WG English Muffin w. jelly; Diced Pears Milk	WG Blueberry Muffin Mandarin Oranges Milk	Kix Cereal Strawberries* Milk
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Cheeseburger Macaroni w. onion* Peas Applesauce Milk	Grilled Chicken Sandwich (bun) Baked Sweet Potato Apple Slices Milk	Chicken Parm Pasta Green Beans Fruit Cocktail Milk	Fiesta Rice & Beans Corn ½ Banana Milk	Chicken Strips WG Roll Baked French Fries ½ Banana Milk
<b>Snack:</b> 2 components	WG Cracker String Cheese Water	Chex Mix Raisins Water	Animal Crackers Orange Slices Water	Cucumber Slices w. ranch & Pretzels Water	Yogurt WG Goldfish Water
	Monday 5/13/19	Tuesday 5/14/19	Wednesday 5/15/19	Thursday 5/16/19	Friday 5/17/19
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Hash Browns Tropical Fruit Milk	WG Cinnamon Raisin Toast; Orange Slices Milk	WG Waffle Mandarin Oranges Milk	WG Cheese Toast ½ Banana Milk	WG Banana Muffin Diced Peaches Milk
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Sloppy Joes (bun) Baked Beans Diced Pears Milk	Macaroni & Cheese Peas Baked Apples Milk	Chicken Nuggets (breading) Green Beans Applesauce Milk	Beef & Cheese Tacos w. onion* Corn Diced Mango Milk	Mozzarella Cheese Pizza Salad w. Cucumber Strawberries* & Blueberries Milk
<b>Snack:</b> 2 components	WG Cracker Cheddar Cheese Cubes Water	Yogurt Graham Crackers Water	Cheese Crackers Pineapple Tidbits Water	WG Sun Chips Raisins Water	WG Cheerios ½ Banana 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