

## Frankie Lemmon School Menu 6/17/19 – 6/28/19

	<b>Monday 6/17/19</b>	<b>Tuesday 6/18/19</b>	<b>Wednesday 6/19/19</b>	<b>Thursday 6/20/19</b>	<b>Friday 6/21/19</b>
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Rice Chex Cereal Diced Peaches Milk	Biscuit w. jelly Orange Slices Milk	WG Pancake Tropical Fruit Milk	WG Cheerios Blueberries* Milk	WG Cinnamon Raisin Toast & ½ Banana Milk
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Hot Ham & Cheese Sandwich Baked Beans Applesauce Milk	Chicken Parmesan Pasta Peas Diced Pears Milk	Fiesta Rice & Beans w. Beef & onion* Corn Apple Slices Milk	Meatballs w. gravy WG Roll Mashed Potatoes ½ Banana Milk	Cheeseburger on Bun Salad w. Cucumber* Strawberries* Milk
<b>Snack:</b> 2 components	WG Banana Muffin Raisins Water	WG Goldfish Crackers Pineapple Tidbits Water	WG Sun Chips Mandarin Oranges Water	Cheddar Cheese Cubes & Pretzels Water	Yogurt Animal Crackers Water
	<b>Monday 6/24/19</b>	<b>Tuesday 6/25/19</b>	<b>Wednesday 6/26/19</b>	<b>Thursday 6/27/19</b>	<b>Friday 6/28/19</b>
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Waffle Applesauce Milk	WG Toast Hash Brown Milk	WG French Toast Mandarin Oranges Milk	WG Cheese Toast ½ Banana Milk	Kix Cereal Tropical Fruit Milk
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Crispy Chicken Sandwich Roasted Zucchini* Cantaloupe* Milk	Beef & Cheese Tacos (w. onion*) Pinto Beans Apple Slices Milk	Macaroni & Cheese Green Beans Fruit Cocktail Milk	Fish Sticks WG Roll Corn on the Cob Baked Apples Milk	Mozzarella Cheese Pizza Salad w. Cucumber* ½ Banana Milk
<b>Snack:</b> 2 components	Graham Crackers Diced Pears Water	WG Cracker String Cheese Water	Carrot Sticks w. ranch Chex Mix Water	Cheese Crackers Raisins Water	WG Goldfish 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 ChildCare

-Alternate for medical dietary restrictions: Grilled Cheddar Cheese Sandwich; String Cheese; Yogurt; Sunflower Butter Sandwich

WG = Whole Grain

Revised 5/29/19