

## Frankie Lemmon School Menu 7/1/19 – 7/12/19

	Monday 7/1/19	Tuesday 7/2/19	Wednesday 7/3/19	Thursday 7/4/19	Friday 7/5/19
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Pancake Tropical Fruit Milk	Kix Cereal Applesauce Milk	WG Blueberry Muffin Diced Peaches Milk	<b>HOLIDAY SCHOOL CLOSED</b>	<b>HOLIDAY SCHOOL CLOSED</b>
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Grilled Chicken Sandwich Glazed Carrots Diced Pears Milk	Beef Stroganoff Peas Mandarin Oranges Milk	Chicken Strips WG Roll Baked French Fries Apple Slices Milk		
<b>Snack:</b> 2 components	Pretzels Orange Slices Water	WG Sun Chips Raisins Water	WG Cracker String Cheese Water		
	Monday 7/8/19	Tuesday 7/9/19	Wednesday 7/10/19	Thursday 7/11/19	Friday 7/12/19
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG French Toast Diced Pears Milk	WG Cheese Toast Applesauce Milk	Turkey Sausage Tropical Fruit Milk	Rice Chex Cereal Applesauce Milk	WG Waffle ½ Banana Milk
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Asian Beef & Rice Peas & Carrots Watermelon* Milk	Chicken Nuggets WG Roll Green Beans Blueberries* Milk	Taco Pasta w. beef & onion* Corn on the Cob Orange Slices Milk	BBQ Chicken Sandwich Baked Beans ½ Banana Milk	Mozzarella Cheese Pizza Salad w. Cucumber* Mandarin Oranges Milk
<b>Snack:</b> 2 components	WG Goldfish Diced Peaches Water	Tortilla Chips & Salsa Cheddar Cheese Cubes Water	WG Cheerios Yogurt Water	WG Cracker String Cheese Water	Carrot Sticks w. ranch; Pretzels 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