

Frankie Lemmon School Menu 8/12/19 – 8/23/19

	Monday 8/12/19	Tuesday 8/13/19	Wednesday 8/14/19	Thursday 8/15/19	Friday 8/16/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Cheese Toast Mandarin Oranges Milk	WG Pancake Diced Peaches Milk	Yogurt Tropical Fruit Milk	WG Banana Muffin Orange Slices Milk	School Closed
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Chicken Strips WG Roll Broccoli Cantaloupe* Milk	Pasta w. meat sauce (beef) Peas Pineapple Tidbits Milk	BBQ Chicken Sandwich Baked Beans Diced Pears Milk	Beef Hot Dog w. Bun Tater Tots Watermelon* Milk	
Snack: 2 components	Graham Crackers Apple Slices Water	Cucumber Slices* w. ranch & Pretzels Water	WG Cracker String Cheese Water	WG Goldfish Raisins Water	
	Monday 8/19/19	Tuesday 8/20/19	Wednesday 8/21/19	Thursday 8/22/19	Friday 8/23/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Teacher Work Day NO SCHOOL	WG Cinnamon Raisin Toast; Applesauce Milk	WG Toast Hash Brown Milk	Biscuit w. Jelly Banana Milk	WG French Toast Tropical Fruit Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)		Beef & Cheese Tacos Green Beans Blueberries* Milk	Chicken & Rice w. onion* Roasted Squash* Apple Slices Milk	Fish Sticks WG Roll Corn on the Cob* Strawberries* Milk	Mozzarella Cheese Pizza Salad w. Cucumber* Mandarin Oranges Milk
Snack: 2 components		Chex Mix Orange Slices Water	WG Cracker Cheddar Cheese Cubes; Water	WG Sun Chips Dried Cranberries Water	Yogurt Animal Crackers 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 7/15/19