

Frankie Lemmon School Menu 8/26/19 – 9/06/19

	Monday 8/26/19	Tuesday 8/27/19	Wednesday 8/28/19	Thursday 8/29/19	Friday 8/30/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Cheerios Diced Peaches Milk	WG Cheese Toast Apple Slices Milk	WG Blueberry Muffin Pineapple Tidbits Milk	WG Pancake Orange Slices Milk	Kix Cereal Banana Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	WG Cheese Ravioli (pasta) Broccoli Watermelon* Milk	Asian Beef & Rice w. onions* Peas & Carrots Mandarin Oranges Milk	Ham & Cheddar Sandwich Corn Baked Apples Milk	Macaroni & Cheese (pasta) Green Beans Tropical Fruit Milk	Chicken Nuggets WG Roll Baked Tater Tots Applesauce Milk
Snack: 2 components	Yogurt Animal Crackers Water	Graham Crackers Diced Pears Water	Chex Mix Cucumber* Slices w. ranch; Water	WG Goldfish Raisins Water	Pretzels String Cheese Water
	Monday 9/2/19	Tuesday 9/3/19	Wednesday 9/4/19	Thursday 9/5/19	Friday 9/6/19
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	HOLIDAY SCHOOL CLOSED	Rice Chex Mandarin Oranges Milk	WG Waffle Tropical Fruit Milk	Biscuit w. Jelly Banana Milk	WG French Toast Diced Peaches Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)		Crispy Chicken Sandwich (bun) Baked Beans Apple Slices Milk	Beef Tacos w. onion* Corn Orange Slices Milk	Cheesy Chicken Pasta Peas Cantaloupe* Milk	Mozzarella Cheese Pizza Salad w. Cucumber* Applesauce Milk
Snack: 2 components		WG Cracker Cheddar Cheese Cubes Water	WG Goldfish Diced Pears Water	WG Sun Chips Dried Cranberries Water	Yogurt WG Cheerios 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 8/2/19