

## Frankie Lemmon School Menu 9/9/19 – 9/20/19

|                                                                                                     | Monday<br>9/9/19                                                      | Tuesday<br>9/10/19                                                             | Wednesday<br>9/11/19                                            | Thursday<br>9/12/19                                              | Friday<br>9/13/19                                                          |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------|
| <b>Breakfast:</b><br>Bread/Grain<br>Fruit/Vegetable<br>Milk (1%, unflavored)                        | WG French Toast<br>Orange Slices<br>Milk                              | Biscuit w. jelly<br>Mandarin Oranges<br>Milk                                   | WG Toast<br>Hash Browns<br>Milk                                 | WG Cinnamon Raisin<br>Toast; Diced Peaches<br>Milk               | WG Cheerios<br>Applesauce<br>Milk                                          |
| <b>Lunch:</b><br>Meat/Meat Alternate<br>Grain/Breads<br>Vegetable<br>Fruit<br>Milk (1%, unflavored) | BBQ Chicken Sandwich<br>Bun<br>Roasted Squash*<br>Diced Mango<br>Milk | Pasta w. Meat Sauce<br>Peas<br>Tropical Fruit<br>Milk                          | Chicken & Rice<br>w. onion*<br>Broccoli<br>Apple Slices<br>Milk | Meatballs<br>WG Roll<br>Mashed Potatoes<br>Strawberries<br>Milk  | Beef Hot Dog on Bun<br>Baked French Fries<br>Banana<br>Milk                |
| <b>Snack:</b><br>2 components                                                                       | Pretzels<br>Pineapple Tidbits<br>Water                                | WG Cracker<br>Cheddar Cheese Cubes<br>Water                                    | Cheese Crackers<br>Diced Pears<br>Water                         | WG Goldfish<br>Raisins<br>Water                                  | Yogurt<br>Graham Crackers<br>Water                                         |
|                                                                                                     | Monday<br>9/16/19                                                     | Tuesday<br>9/17/19                                                             | Wednesday<br>9/18/19                                            | Thursday<br>9/19/19                                              | Friday<br>9/20/19                                                          |
| <b>Breakfast:</b><br>Bread/Grain<br>Fruit/Vegetable<br>Milk (1%, unflavored)                        | Kix Cereal<br>Applesauce<br>Milk                                      | WG Waffle<br>Orange Slices<br>Milk                                             | Turkey Sausage<br>Mandarin Oranges<br>Milk                      | WG Banana Muffin<br>Pineapple Tidbits<br>Milk                    | WG Cheese Toast<br>Banana<br>Milk                                          |
| <b>Lunch:</b><br>Meat/Meat Alternate<br>Grain/Breads<br>Vegetable<br>Fruit<br>Milk (1%, unflavored) | Macaroni & Cheese<br>(pasta)<br>Glazed Carrots<br>Watermelon*<br>Milk | Beef & Cheese Tacos<br>w. onion*<br>(tortilla)<br>Corn<br>Apple Slices<br>Milk | Chicken Strips<br>WG Roll<br>Peas<br>Baked Apples<br>Milk       | Beef Stroganoff<br>(pasta)<br>Green Beans<br>Blueberries<br>Milk | Mozzarella Cheese<br>Pizza<br>Salad w. Cucumber*<br>Tropical Fruit<br>Milk |
| <b>Snack:</b><br>2 components                                                                       | WG Sun Chips<br>Dried Cranberries<br>Water                            | Animal Crackers<br>Diced Pears<br>Water                                        | Yogurt<br>WG Cheerios<br>Water                                  | Chex Mix & Carrot<br>Sticks w. ranch<br>Water                    | String Cheese<br>Diced Peaches<br>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: Cheddar Cheese Sandwich; String Cheese; Yogurt; Sunflower Butter Sandwich

WG = Whole Grain

Revised 9/8/19