

Frankie Lemmon School Menu 03/09/20 - 03/20/20

	Monday 03/09/20	Tuesday 03/10/20	Wednesday 03/11/20	Thursday 03/12/20	Friday 03/13/20
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Kix Cereal Tropical Fruit Milk	WG Pancake Diced Pears Milk	Biscuit w/ jelly Orange slices Milk	WG Cinnamon Raisin Toast Apple Sauce Milk	WG Cheerios Banana Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Chicken Nuggets WG Roll Green Beans Apple Slices* Milk	Vegetable Beef Soup French Bread Strawberries & Blueberries Milk	Asian Beed & Rice w/onion* Peas & Carrots Pineapple Tidbits Milk	Grilled Chicken Sandwich Baked Beans Milk	Mozzarella Cheese Pizza Salad w/cucumber Mandarin Oranges Milk
Snack: 2 components	WG Goldfish Raisins Water	Tortilla Chips Apple Sauce Water	WG crackers String cheese Water	Animal Crackers Diced Pears Water	Cheese Crackers Yogurt Water
	Monday 03/16/20	Tuesday 03/17/20	Wednesday 03/18/20	Thursday 03/19/20	Friday 03/20/20
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG French Toast Diced Peaches Milk	Turkey Sausage Tropical Fruit Milk	WG Toast Hash Browns Milk	WG Banana muffin Banana Milk	WG Waffle Orange Slices Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Beef Strganoff Roasted Squash Apple Sauce Milk	WG Cheese Ravioli Peas Baked Apples Milk	Chicken Strips Bread Stick Corn Apple Slices* Milk	Meatballs WG Roll Mashed Potatoes Mandarin Oranges Milk	Cheese Burger w/ bun Baked French Fries Banana Milk
Snack: 2 components	Chex Mix Diced Pears Water	WG Sun Chips Dried Cranberries Water	Pretzels Cheddar Cheese Cubes Water	Graham Crackers Diced Pears Water	Rice Chex 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 Farm to ChildCare

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

WG = Whole Grain

Revised 3/12/20