

Frankie Lemmon School Menu 03/23/20 - 04/03/20

	Monday 03/23/20	Tuesday 03/24/20	Wednesday 03/25/20	Thursday 03/26/20	Friday 03/27/20
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Rice Chex Cereal Mandarin Oranges Milk	WG Toast Hash Brown Milk	WG French Toast Diced Peaches Milk	Kix Cereal ½ Banana Milk	WG Blueberry Muffin Orange Slices Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Grilled Chicken Sandwich (Bun) Baked French Fries Tropical Fruit Milk	Pasta w/meat sauce (onion)* Peas Apple Slices Milk	Fish Sticks WG Roll Baked Beans Pineapple Tidbits Milk	Chicken & Noodles Broccoli Diced Pears Milk	Chicken Nuggets WG Roll Tater Tots ½ Banana Milk
Snack: 2 components	WG Crackers String Cheese Water	Yogurt Graham Crackers Water	WG Sun Chips Raisins Water	WG Goldfish Applesauce Water	Cheese Crackers Dried Cranberries Water
	Monday 03/30/20	Tuesday 03/31/20	Wednesday 04/01/20	Thursday 04/02/20	Friday 04/03/20
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Cheese Toast Diced Pears Milk	WG Cinnamon Raisin Toast Mandarin Oranges Milk	WG Pancake Tropical Fruit Milk	Yogurt ½ Banana Milk	WG Banana Muffin Applesauce Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Fish Fillet Sandwich (Bun) Peas Diced Peaches Milk	Beef & Cheese Tacos Corn Cantaloupe Milk	Asian Beef & Rice Peas & Carrots Orange Slices Milk	Mac & Cheese Green Beans Apple Slices* Milk	Mozzarella Cheese Pizza Salad w/cucumber ½ Banana Milk
Snack: 2 components	Chex Mix Raisins Water	WG Crackers Cheddar Cheese Cubes Water	Pretzels Pineapple Tidbits Water	WG Cheerios Diced Mango Water	WG Sun Chips String Cheese 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