

Frankie Lemmon School Menu 06/14/21 - 06/25/21

	Monday 6/14/21	Tuesday 6/15/21	Wednesday 6/16/21	Thursday 6/17/21	Friday 6/18/21
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG cheerios Mandarin oranges Milk	WG English muffin w/jelly Orange slices Milk	Turkey sausage Tropical fruit Milk	WG Cheese toast Applesauce Milk	Rice chex Banana Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Chicken strips Breadstick Peas; Pineapple tidbits Milk	Sloppy joes (onion)* Corn Diced mango Milk	Mac and cheese Broccoli Apple slices Milk	BBQ chicken WG French bread Roasted squash* Banana Milk	Cheeseburger Tater tots Strawberries* Milk
Snack: 2 components	Cheese crackers Applesauce Water	WG graham crackers Sun Butter Water	WG goldfish Diced Pears Water	Pretzels Yogurt Water	WG cracker String Cheese Water
	Monday 6/21/21	Tuesday 6/22/21	Wednesday 6/23/21	Thursday 6/24/21	Friday 6/25/21
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Rice Krispy Cereal Orange slices Milk	WG bagel w/cream cheese; Applesauce Milk	WG French toast Diced peaches Milk	Biscuit w/jelly Banana Milk	WG toast Hash browns Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Chicken and rice Green beans Cantaloupe Milk	Beef and cheese burritos (peppers)* Pinto beans Mandarin oranges Milk	Chicken nuggets WG roll Glazed carrots Tropical fruit Milk	WG cheese ravioli Peas Diced pears Milk	Mozzarella cheese pizza Salad w/cucumber Banana Milk
Snack: 2 components	WG Cheerios Raisins Water	Tortilla Chips w/salsa; cheddar cheese cubes Water	Animal crackers Apple slices Water	WG Sun chips Yogurt Water	Carrot sticks w/ranch WG goldfish Water



*We serve local, fresh, North Carolina produce in partnership with Farm to ChildCare

-We follow USDA Guidelines for nutrition as part of the Child & Adult Care Food Program. This institution is an equal opportunity provider.

-Alternate for medical dietary restrictions: Cheddar Cheese Sandwich; String Cheese; Yogurt; Sunflower Butter Sandwich WG = Whole Grain

Revised 6/4/21