

<b>Frankie Lemmon School Menu weeks of 06/28/21 and 07/12/21</b>					
	<b>Monday 6/28/21</b>	<b>Tuesday 6/29/21</b>	<b>Wednesday 6/30/21</b>	<b>Thursday 7/1/21</b>	<b>Friday 7/2/21</b>
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	<b>WG pancake Applesauce Milk</b>	<b>Oatmeal Baked apples Milk</b>	<b>WG Cinnamon raisin toast; apple slices Milk</b>	<b>WG Cheerios Banana Milk</b>	<b>WG Toast Hash browns Milk</b>
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	<b>Fish filet sandwich (bun) Baked beans mandarin oranges Milk</b>	<b>Cheeseburger macaroni Peas Orange slices Milk</b>	<b>Chicken parmesan pasta green beans diced pears Milk</b>	<b>Fiesta rice and beans (Onion)* Corn Diced mango Milk</b>	<b>Beef hot dog on bun Salad w/cucumber Banana Milk</b>
<b>Snack:</b> 2 components	<b>Cucumber w/ranch WG pita wedges Water</b>	<b>WG blueberry muffin Diced peaches Water</b>	<b>WG Graham crackers; raisins Water</b>	<b>WG Goldfish Blueberries* Water</b>	<b>Animal crackers Yogurt Water</b>
	<b>Monday 7/12/21</b>	<b>Tuesday 7/13/21</b>	<b>Wednesday 7/14/21</b>	<b>Thursday 7/15/21</b>	<b>Friday 7/16/21</b>
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	<b>WG Bagel Applesauce Milk</b>	<b>Yogurt Apple slices Milk</b>	<b>WG Cheese toast Mandarin oranges Milk</b>	<b>WG waffle Pineapple tidbits Milk</b>	<b>Rice chex cereal Banana Milk</b>
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	<b>Meatballs roll broccoli strawberries* Milk</b>	<b>Beef and cheese tacos (shell) Corn Apricot halves Milk</b>	<b>Chicken enchilada rice (onions, peppers)* Peas; Tropical fruit Milk</b>	<b>BBQ chicken sandwich (bun) Tater tots Banana Milk</b>	<b>Mozzarella cheese pizza (crust) Salad w/cucumber Orange slices Milk</b>
<b>Snack:</b> 2 components	<b>Cheese crackers Diced peaches Water</b>	<b>WG cracker Chicken salad Water</b>	<b>Pretzels Diced pears Water</b>	<b>Chex mix Cranberries Water</b>	<b>WG Cheerios Yogurt Water</b>



\*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