

Frankie Lemmon School Menu 7/19/21 - 7/30/21

| | Monday 7/19/21 | Tuesday 7/20/21 | Wednesday 7/21/21 | Thursday 7/22/21 | Friday 7/23/21 |
|---|--|--|---|--|---|
| Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored) | WG Cheerios Diced peaches Milk | WG french toast tropical fruit Milk | WG English muffin Mandarin oranges Milk | WG Banana muffin Pineapple tidbits Milk | Kix cereal Banana Milk |
| Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored) | Salisbury steak WG Roll Lima beans Applesauce Milk | Mac and Cheese (pasta) Broccoli Orange slices Milk | Asian beef and rice (onion)* peas and carrots apple slices Milk | Chicken and Noodles Green beans Blueberries* Milk | Chicken nuggets (breading) Baked French fries Watermelon Milk |
| Snack: 2 components | WG Sun chips Raisins Water | Animal crackers Diced pears Water | WG cracker String cheese Water | Cheese crackers Banana Water | WG Graham cracker Yogurt Water |
| | Monday 7/26/21 | Tuesday 7/27/21 | Wednesday 7/28/21 | Thursday 7/29/21 | Friday 7/30/21 |
| Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored) | WG toast w/jelly Apple slices Milk | WG Waffle Applesauce Milk | WG Cheese toast Diced peaches Milk | Kix cereal Mandarin oranges Milk | Biscuit w/Jelly Banana Milk |
| Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored) | Grilled chicken sandwich (bun) Corn Cantaloupe* Milk | Pasta w/meat sauce (onion)* Peas sliced pears Milk | Fish sticks WG roll Baked beans Tropical fruit Milk | Turkey and cheese wrap (tortilla) Cucumber w/ranch Banana Milk | Mozzarella cheese pizza (crust) salad w/cucumber Diced mango Milk |
| Snack: 2 components | Chex mix Pineapple tidbits Water | WG Goldfish Cranberries Water | Animal Crackers Diced pears Water | WG pita wedges Pimento cheese Water | WG Cheerios Yogurt 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 6/9/21