

Frankie Lemmon School Menu 8/2/21 - 8/12/21					
	Monday 8/2/21	Tuesday 8/3/21	Wednesday 8/4/21	Thursday 8/5/21	Friday 8/6/21
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Cheerios Applesauce Milk	WG Waffle Mandarin oranges Milk	Biscuit w/jelly Tropical fruit Milk	WG Blueberry muffin Banana Milk	Kix Cereal Banana Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Crispy chicken sandwich (bun) green beans diced peaches Milk	Taco Pasta w. ground beef & onion* Corn Apple slices Milk	Chicken and Rice Peas and carrots Orange slices Milk	Hot ham and cheese sub (roll) carrot sticks w/ranch Watermelon* Milk	WG Cheese ravioli (pasta) Salad w/cucumber Baked apples Milk
Snack: 2 components	Cheese crackers Raisins Water	Chex mix Diced pears Water	WG cracker Chicken salad Water	WG sun chips Applesauce Water	Sliced pears Yogurt Water
	Monday 8/9/21	Tuesday 8/10/21	Wednesday 8/11/21	Thursday 8/12/21	Friday 8/13/21
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Cheese toast Applesauce Milk	WG Bagel w/cream cheese; orange slices Milk	WG Pancake Pineapple tidbits Milk	Yogurt Mandarin oranges Milk	School Closed
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Chicken strips WG roll green beans diced pears Milk	Beef & cheese tacos (tortilla) corn cantaloupe* Milk	Grilled chicken sandwich (bun) Broccoli Apple slices Milk	Beef stroganoff (pasta) Peas Banana Milk	
Snack: 2 components	WG Graham crackers; sun butter Water	WG Goldfish Cucumber w/ranch Water	Tortilla chips Cheddar cheese cubes; Water	WG Crackers String cheese 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