

## Frankie Lemmon School Menu 10/18/2021 - 10/29/2021

	Monday 10/18/2021	Tuesday 10/19/2021	Wednesday 10/20/2021	Thursday 10/21/2021	Friday 10/22/2021
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	<b>WG Waffle</b> <b>Diced pears</b> <b>Milk</b>	<b>WG Cheese toast</b> <b>Mandarin oranges</b> <b>Milk</b>	<b>Rice chex cereal</b> <b>Diced peaches</b> <b>Milk</b>	<b>WG French toast sticks</b> <b>Applesauce</b> <b>Milk</b>	<b>WG Cheerios</b> <b>Banana</b> <b>Milk</b>
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	<b>Chicken Strips</b> <b>French Bread</b> <b>Cooked carrots</b> <b>Apple slices</b> <b>Milk</b>	<b>Mac and cheese</b> <b>(pasta)</b> <b>Broccoli</b> <b>Tropical fruit</b> <b>Milk</b>	<b>Chicken and</b> <b>Noodles</b> <b>Peas and carrots</b> <b>Pineapple tidbits</b> <b>Milk</b>	<b>Beef and cheese tacos</b> <b>(tortilla)</b> <b>Corn</b> <b>Orange slices</b> <b>Milk</b>	<b>Cheeseburger (WG bun)</b> <b>Baked Tater tots</b> <b>Green beans</b> <b>Diced pears</b> <b>Milk</b>
<b>Snack:</b> 2 components	<b>Tortilla chips</b> <b>Cucumber slices</b> <b>Water</b>	<b>WG cracker</b> <b>String cheese</b> <b>Water</b>	<b>½ Sunbutter</b> <b>sandwich (WG</b> <b>bread)</b> <b>Water</b>	<b>Animal crackers</b> <b>Banana</b> <b>Water</b>	<b>WG Goldfish</b> <b>Yogurt</b> <b>Water</b>
	Monday 10/25/2021	Tuesday 10/26/2021	Wednesday 10/27/2021 (TWD)	Thursday 10/28/2021	Friday 10/29/2021
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	<b>Corn flakes cereal</b> <b>Tropical fruit</b> <b>Milk</b>	<b>Turkey sausage</b> <b>Apple slices</b> <b>Milk</b>	<b>WG pancake</b> <b>Diced Mango</b> <b>Milk</b>	<b>WG Blueberry muffin</b> <b>Banana</b> <b>Milk</b>	<b>Kix cereal</b> <b>Applesauce</b> <b>Milk</b>
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	<b>Taco Pasta (beef</b> <b>and pasta); corn</b> <b>Diced peaches</b> <b>Milk</b>	<b>Chicken and Rice</b> <b>Lima beans</b> <b>Mandarin oranges</b> <b>Milk</b>	<b>Grilled chicken</b> <b>Sliders(bun) peas</b> <b>Strawberries</b> <b>Milk</b>	<b>Salisbury steak</b> <b>WG roll</b> <b>Broccoli</b> <b>Orange slices</b> <b>Milk</b>	<b>Mozzarella cheese pizza</b> <b>(crust)</b> <b>Salad w/cucumber</b> <b>Banana</b> <b>Milk</b>
<b>Snack:</b> 2 components	<b>WG Pita wedges</b> <b>Chicken salad</b> <b>Water</b>	<b>WG Pretzels</b> <b>Sun butter</b> <b>Water</b>	<b>Cheese crackers</b> <b>Carrot sticks</b> <b>Water</b>	<b>WG cracker</b> <b>Cheddar cheese cubes</b> <b>Water</b>	<b>WG Graham cracker</b> <b>Yogurt</b> <b>Water</b>

-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 9/28/21