

Frankie Lemmon School Menu 10/04/2021 - 10/15/2021

	Monday 10/04/2021	Tuesday 10/05/2021	Wednesday 10/06/2021	Thursday 10/07/2021	Friday 10/08/2021
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Waffle Banana Milk	Biscuit w/jelly Pineapple tidbits Milk	WG Cheerios Banana Milk	WG English muffin Tropical fruit Milk	WG Banana muffin Applesauce Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Fish fillet sandwich Baked beans Diced peaches Milk	Vegetable beef soup (potatoes)* French bread Apple slices Milk	Chicken Alfredo pasta Peas Mandarin oranges Milk	Meatballs; WG roll Baked sweet potato* Diced mango Milk	Chicken nuggets WG Bread stick Green beans Applesauce Milk
Snack: 2 components	WG Sun chips Raisins Water	WG cracker String cheese Water	Chex mix Diced pears Water	Animal crackers Orange slices Water	WG Goldfish Yogurt Water
	Monday 10/11/2021 (TWD)	Tuesday 10/12/2021	Wednesday 10/13/2021	Thursday 10/14/2021	Friday 10/15/2021
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Yogurt Apple slices Milk	WG Cheese toast Tropical fruit Milk	WG cinnamon raisin toast; baked apples Milk	Kix cereal Banana Milk	WG Blueberry muffin Applesauce Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Beef hot dog (WG bun) Baked French fries Diced peaches Milk	Chicken Enchilada rice (onion)*; corn; Pineapple tidbits Milk	Grilled chicken sandwich; (WG bun) peas Mandarin oranges Milk	Beef stroganoff Lima Beans Orange slices Milk	Mozzarella cheese pizza (Crust) Salad w/cucumber Cut melon Milk
Snack: 2 components	Animal crackers Cranberries Water	WG Graham cracker Diced pears Water	Cheese crackers Cucumber slices Water	WG cracker Cheddar cheese cube Water	WG Goldfish Yogurt Water

-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



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

Revised 09/28/21