

Frankie Lemmon School Menu 11/01/2021 - 11/12/2021

	Monday 11/01/2021	Tuesday 11/02/2021(TWD)	Wednesday 11/03/2021	Thursday 11/04/2021	Friday 11/05/2021
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG cheerios Mandarin oranges Milk	WG English muffin w/jelly Tropical fruit Milk	Turkey sausage Orange slices Milk	WG Cheese toast Applesauce Milk	
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Asian beef and rice Peas and carrots Sliced peaches Milk	Sloppy joes (onion)*(WG bun) Corn Diced mango Milk	Mac and cheese Broccoli Apple slices Milk	BBQ chicken WG French bread Roasted squash* Banana Milk	Family School Partnership Day
Snack: 2 components	Cheese crackers Apple sauce Water	WG graham crackers Sun Butter Water	WG goldfish Diced Pears Water	WG cracker String cheese Water	
	Monday 11/08/2021	Tuesday 11/09/2021	Wednesday 11/10/2021	Thursday 11/11/2021	Friday 11/12/2021
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	Rice krispies Orange slices Milk	WG bagel w/cream cheese Applesauce Milk	WG French toast Diced peaches Milk		WG toast Hashbrowns Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Cheeseburger macaroni Green beans Pineapple tidbits Milk	Chicken and Cheese tacos (tortilla) Pinto beans Mandarin oranges Milk	Chicken nuggets WG roll Lima beans Tropical fruit Milk	School closed Holiday	Mozzarella cheese pizza (crust) Salad w/cucumber Banana Milk
Snack: 2 components	WG Cheerios Raisins Water	Tortilla Chips w/salsa; cheddar cheese cubes Water	Animal crackers Apple slices Water		Carrot sticks w/ranch WG goldfish 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 Farm to ChildCare

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

Revised 9/28/21