

## Frankie Lemmon School Menu 11/29/21 to 12/10/21

	Monday 11/29	Tuesday 11/30	Wednesday 12/1	Thursday 12/2	Friday 12/3
<b>Breakfast:</b> Grain (protein max 3x/wk) Fruit/Vegetable Milk (1%, unflavored)	<b>WG Cheerios</b> <b>Applesauce</b> <b>Milk</b>	<b>Biscuit w. jelly</b> <b>Diced Peaches</b> <b>Milk</b>	<b>WG Waffle</b> <b>Tropical Fruit</b> <b>Milk</b>	<b>Yogurt</b> <b>Diced Mango</b> <b>Milk</b>	<b>FSP Day</b> <b>(No School)</b>
<b>Lunch:</b> Meat/Meat Alternate Grain Vegetable Fruit Milk (1%, unflavored)	<b>Crispy Chicken</b> <b>Sandwich (bun)</b> <b>Baked Sweet Potato*</b> <b>Diced Pears</b> <b>Milk</b>	<b>Fish Fillet Sandwich</b> <b>(WG bun)</b> <b>Baked Beans</b> <b>Orange Slices</b> <b>Milk</b>	<b>Chicken Alfredo</b> <b>(pasta)</b> <b>Broccoli</b> <b>Mandarin Oranges</b> <b>Milk</b>	<b>Meatballs</b> <b>WG Roll</b> <b>Lima Beans</b> <b>Banana</b> <b>Milk</b>	
<b>Snack:</b> 2 components	<b>WG Sun Chips</b> <b>Raisins</b> <b>Water</b>	<b>WG Wheat Crackers</b> <b>String Cheese</b> <b>Water</b>	<b>Chex Mix</b> <b>Banana</b> <b>Water</b>	<b>Cheese Crackers</b> <b>Apple Slices</b> <b>Water</b>	
	Monday 12/6	Tuesday 12/7	Wednesday 12/8	Thursday 12/9	Friday 12/10
<b>Breakfast:</b> Grain (protein max 3x/wk) Fruit/Vegetable Milk (1%, unflavored)	<b>WG Blueberry Muffin</b> <b>Applesauce</b> <b>Milk</b>	<b>Yogurt</b> <b>Diced Peaches</b> <b>Milk</b>	<b>WG Cinnamon</b> <b>Raisin Toast</b> <b>Baked Apples</b> <b>Milk</b>	<b>WG Cheese Toast</b> <b>Cranberries</b> <b>Milk</b>	<b>Kix Cereal</b> <b>Banana</b> <b>Milk</b>
<b>Lunch:</b> Meat/Meat Alternate Grain Vegetable Fruit Milk (1%, unflavored)	<b>Hamburger</b> <b>(WG bun)</b> <b>Baked French Fries</b> <b>Tropical Fruit</b> <b>Milk</b>	<b>Chicken Fiesta Rice</b> <b>(onion)*</b> <b>Corn</b> <b>Pineapple tidbits</b> <b>Milk</b>	<b>Fish Sticks</b> <b>WG Roll</b> <b>Peas</b> <b>Mandarin oranges</b> <b>Milk</b>	<b>Chicken Nuggets</b> <b>WG Roll</b> <b>Green Beans</b> <b>Banana</b> <b>Milk</b>	<b>Mozzarella Cheese Pizza</b> <b>(crust)</b> <b>Salad w. Cucumber</b> <b>Diced Pears</b> <b>Milk</b>
<b>Snack:</b> 2 components	<b>Tortilla Chips &amp; Salsa</b> <b>Cheddar Cheese</b> <b>Cubes; Water</b>	<b>WG Goldfish</b> <b>Cucumber Slices</b> <b>Water</b>	<b>String Cheese</b> <b>Carrot Sticks</b> <b>Water</b>	<b>Orange Slices</b> <b>Yogurt</b> <b>Water</b>	<b>WG Graham Crackers</b> <b>Applesauce</b> <b>Water</b>



\*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 11/22/21