

Frankie Lemmon School Menu 12/13-12/17 & 1/3-1/7

	Monday 12/13	Tuesday 12/14	Wednesday 12/15	Thursday 12/16	Friday 12/17
Breakfast: Grain (protein max 3x/wk) Fruit/Vegetable Milk (1%, unflavored)	Yogurt Tropical Fruit Milk	WG Cheese Toast Hash Browns Milk	Turkey Sausage Apple Slices Milk	WG Cheerios Banana Milk	WG Muffin Diced Peaches Milk
Lunch: Meat/Meat Alternate Grain Vegetable Fruit Milk (1%, unflavored)	Macaroni & Cheese Lima Beans Strawberries & Blueberries Milk	Chicken Strips WG Roll Broccoli Mandarin Oranges Milk	Asian Beef & Rice w. onion* Peas & Carrots Diced Mango Milk	BBQ Chicken Sandwich (bun) Tater Tots Pineapple Tidbits Milk	Cheese Ravioli with Tomato Sauce (pasta) Salad w. cucumber* Banana Milk
Snack: 2 components	WG Sun Chips Dried Cranberries Water	Animal Crackers Applesauce Water	WG Cracker Cheddar Cheese Cubes; Water	Cheese Crackers Diced Pears Water	Rice Chex Cereal Yogurt Water
	Monday 1/3	Tuesday 1/4	Wednesday 1/5	Thursday 1/6	Friday 1/7
Breakfast: Grain (protein max 3x/wk) Fruit/Vegetable Milk (1%, unflavored)	Corn Flakes Cereal Diced Peaches Milk	Yogurt Pineapple Tidbits Milk	WG Waffle Applesauce Milk	WG Cinnamon Raisin Toast Banana Milk	WG Cheerios Diced Pears Milk
Lunch: Meat/Meat Alternate Grain Vegetable Fruit Milk (1%, unflavored)	Crispy Chicken Sandwich (WG bun) Baked Beans Strawberries Milk	Pasta with meat sauce w. onion* Green Peas Mandarin Oranges Milk	Fish Sticks WG Roll Sweet Potato Fries Blueberries Milk	Beef & Cheese Tacos (tortilla) Salad w. cucumber* Tropical Fruit Milk	Grilled Cheddar Cheese Sandwich (WG Bread) Carrot & Celery Sticks Banana Milk
Snack: 2 components	Pretzels Apple Slices Water	WG Goldfish Raisins Water	WG Wheat Cracker String Cheese Water	Chex Mix Orange Slices Water	WG Graham Crackers Yogurt 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 12/01/21