

# Frankie Lemmon School Menu 3/21 – 4/1

	Monday 3/21	Tuesday 3/22	Wednesday 3/23	Thursday 3/24	Friday 3/25
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	<b>WG French Toast</b> Diced Pears Milk	<b>Turkey Sausage</b> Applesauce Milk	<b>Bagel ½ w. cream</b> cheese & Banana Milk	<b>Yogurt</b> Diced Peaches Milk	<b>Corn Flake Cereal</b> Fruit Cocktail Milk
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	<b>Chicken Parm Pasta</b> Green Peas Baked Apples Milk	<b>Turkey &amp; Cheese</b> Wrap Cucumber w. ranch Tropical Fruit Milk	<b>Fiesta Rice &amp; Beans</b> (ground beef) Corn Mandarin Oranges Milk	<b>Grilled Cheddar Cheese</b> Sandwich (WG bread) Mixed Vegetables Applesauce Milk	<b>Cheeseburger</b> (WG bun) Baked French Fries Pineapple Tidbits Milk
<b>Snack:</b> 2 components	<b>WG Goldfish</b> Dried Cranberries Water	<b>WG Muffin</b> Yogurt Water	<b>WG Crackers</b> String Cheese Water	<b>WG Sun Chips</b> Raisins Water	<b>Pretzels</b> Orange Slices Water
	Monday 3/28	Tuesday 3/29	Wednesday 3/30	Thursday 3/31	Friday 4/1
<b>Breakfast:</b> Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	<b>Pancake</b> Applesauce Milk	<b>Yogurt</b> Diced Mango Milk	<b>WG Cheese Toast</b> Pineapple Tidbits Milk	<b>Biscuit w. jelly</b> Strawberries* Milk	<b>Cheerios</b> Diced Peaches Milk
<b>Lunch:</b> Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	<b>Chicken Nuggets</b> WG Roll Roasted Squash Mixed Berries Milk	<b>Taco Pasta</b> (ground beef) Green Beans Diced Pears Milk	<b>Grilled Chicken</b> Sandwich (WG bun) Broccoli Mandarin Oranges Milk	<b>Fish Sticks</b> WG Roll Baked Sweet Potato Tropical Fruit Milk	<b>Mozzarella Cheese Pizza</b> (crust) Green Salad Banana Milk
<b>Snack:</b> 2 components	<b>Chex Mix</b> Orange Slices Water	<b>WG Rice Krispy Cereal</b> Banana Water	<b>WG Goldfish</b> Apple Slices Water	<b>Tortilla Chips &amp; Salsa</b> Cheddar Cheese Cubes Water	<b>WG Graham Crackers</b> 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 3/4/22