

Frankie Lemmon School Menu 3/7-3/18

	Monday 3/7	Tuesday 3/8	Wednesday 3/9	Thursday 3/10	Friday 3/11
Breakfast: Grain (protein max 3x/wk) Fruit/Vegetable Milk (1%, unflavored)	Corn Flakes Cereal Applesauce Milk	WG Cheese Toast Banana Milk	WG Waffle Diced Pears Milk	WG Cheerios Tropical Fruit Milk	Yogurt Diced Peaches Milk
Lunch: Meat/Meat Alternate Grain Vegetable Fruit Milk (1%, unflavored)	Chicken Nuggets WG Roll Green Peas Mixed Berries Milk	Hamburger (WG bun) Baked French Fries Apple Slices Milk	Grilled Cheddar Cheese (WG bread) Green Beans Fruit Cocktail Milk	BBQ Chicken Sliders (WG bun) Baked Beans Diced Mango Milk	Mozzarella Cheese Pizza (crust) Green Salad Mandarin Oranges Milk
Snack: 2 components	WG Muffin Orange Slices Water	Goldfish Crackers Yogurt Water	Pretzels Apple Slices Water	String Cheese WG Raisin Bagel Water	WG Sun Chips Dried Cranberries Water
	Monday 3/14	Tuesday 3/15	Wednesday 3/16	Thursday 3/17	Friday 3/18
Breakfast: Grain (protein max 3x/wk) Fruit/Vegetable Milk (1%, unflavored)	Rice Krispy Cereal Diced Peaches Milk	WG Cinnamon Raisin Toast Banana; Milk	Turkey Sausage Applesauce Milk	Yogurt Diced Pears Milk	WG Pancakes Baked Apples Milk
Lunch: Meat/Meat Alternate Grain Vegetable Fruit Milk (1%, unflavored)	Fish Fillet Sandwich (WG bun) Sweet Potatoes Fruit Cocktail Milk	Pasta w. Tomato Sauce & Ground Beef Corn Mandarin Oranges Milk	Chicken Alfredo Pasta Broccoli Tropical Fruit Milk	Beef & Cheese Tacos (flour tortilla) Black Beans Strawberries & Blueberries Milk	Cheese Ravioli with Tomato Sauce (pasta) Mixed Vegetables Pineapple Tidbits Milk
Snack: 2 components	Cheez-it Crackers Yogurt Water	Mini Cheese Crackers; Raisins; Water	WG Crackers String Cheese Water	WG Graham Crackers Orange Slices Water	WG Cheerios Banana 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 3/2/22