

Frankie Lemmon School Menu 4/4-8 & 4/18-22

	Monday 4/4	Tuesday 4/5	Wednesday 4/6	Thursday 4/7	Friday 4/8
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	WG Muffin Banana Milk	Cinnamon Raisin Toast Mandarin Oranges Milk	Yogurt Diced Peaches Milk	½ Bagel w. cream cheese Pineapple Tidbits Milk	Kix Cereal Applesauce Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Crispy Chicken Sandwich (WG bun) Glazed Carrots Tropical Fruit Milk	Cheese Ravioli with marinara sauce (pasta) Green Peas Diced Pears Milk	Chicken and Rice (WG) Broccoli Diced Mango Milk	Fish Fillet Sandwich (WG bun) Green Beans Fruit Cocktail Milk	Beef Corn Dog Poppers (breading) Baked French fries Cantaloupe Milk
Snack: 2 components	Mixed Berries Yogurt Water	Chicken Salad WG Wheat Crackers Water	Apple Slices Cheddar Cheese Cubes; Water	Animal Crackers Orange Slices Water	WG Goldfish Raisins Water
	Monday 4/18	Tuesday 4/19	Wednesday 4/20	Thursday 4/21	Friday 4/22
Breakfast: Bread/Grain Fruit/Vegetable Milk (1%, unflavored)	English Muffin Banana Milk	Yogurt Tropical Fruit Milk	WG Waffle Baked Apples Milk	WG Cinnamon Raisin Toast Applesauce Milk	Rice Krispies Cereal Diced Peaches Milk
Lunch: Meat/Meat Alternate Grain/Breads Vegetable Fruit Milk (1%, unflavored)	Chicken Alfredo Pasta Broccoli Mandarin Oranges Milk	Fiesta Rice (WG) & Black Beans w. Cheese Corn Applesauce Milk	Chicken Nuggets WG Roll Peas Pineapple Tidbits Milk	Salisbury Steak WG Roll Mashed Potatoes Orange Slices Milk	Mozzarella Cheese Pizza (crust) Green Salad Diced Mango Milk
Snack: 2 components	WG Sun Chips Apple Slices Water	Cheez-it Crackers Cucumber w. ranch Water	WG Chips & Salsa Cheddar Cubes Water	Mini Cheese Crackers Dried Cranberries Water	Yogurt WG Graham Crackers 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