


## Frankie Lemmon School Menu 5/23-6/3

	Monday 5/23	Tuesday 5/24	Wednesday 5/25	Thursday 5/26	Friday 5/27
<b>Breakfast:</b> Grain (protein max 3x/wk) Fruit/Vegetable Milk (1%, unflavored)	Rice Krispy Cereal Applesauce Milk	WG Cheese Toast Banana Milk	WG Waffle Pineapple Tidbits Milk	WG Cheerios Diced Pears Milk	Yogurt Diced Peaches Milk
<b>Lunch:</b> Meat/Meat Alternate Grain Vegetable Fruit Milk (1%, unflavored)	Chicken Nuggets WG Roll Green Peas Mixed Berries Milk	Hamburger (WG bun) Tater Tots Apple Slices Milk	Grilled Cheddar Cheese (WG bread) Green Beans Strawberries & Blueberries; Milk	Grilled Chicken Sandwich (WG bun) Broccoli Mandarin Oranges Milk	Mozzarella Cheese Pizza (crust) Green Salad Diced Mango Milk
<b>Snack:</b> 2 components	Pretzels; Cheddar Cheese Cubes Water	WG Graham Cracker & Yogurt Water	Pita Bread Chicken Salad Water	WG Bagel w. Cream Cheese & Cranberries Water	WG Rice Chex Cereal Orange Slices Water
	Monday 5/30	Tuesday 5/31	Wednesday 6/1	Thursday 6/2	Friday 6/3
<b>Breakfast:</b> Grain (protein max 3x/wk) Fruit/Vegetable Milk (1%, unflavored)	<b>HOLIDAY</b> School Closed	WG Oatmeal Diced Peaches Milk	Turkey Sausage Applesauce Milk	WG Pancakes Baked Apples Milk	WG Cinnamon Raisin Toast & Banana Milk
<b>Lunch:</b> Meat/Meat Alternate Grain Vegetable Fruit Milk (1%, unflavored)		Fish Fillet Sandwich (WG bun) Sweet Potato Fries Fruit Cocktail Milk	Beef & Cheese Tacos (flour tortilla) Black Beans Tropical Fruit Milk	BBQ Chicken Sliders (WG bun) Baked Beans Diced Pears Milk	Cheese Ravioli with Tomato Sauce (pasta) Mixed Vegetables Pineapple Tidbits Milk
<b>Snack:</b> 2 components		Ritz Crackers Raisins Water	WG Muffin Orange Slices Water	WG Wheat Crackers String Cheese Water	WG Cheerios 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 4/27/22