



Frankie Lemmon School & DEVELOPMENTAL CENTER

Menu for 10/10 – 10/21

	Monday 10/10/22 Teacher Workday	Tuesday 10/11/22	Wednesday 10/12/22	Thursday 10/13/22	Friday 10/14/22
Breakfast: Grain Fruit or Vegetable Milk (1%, unflavored)	Pancakes Spiced Apples Milk	Turkey Sausage Hashbrown Patty Milk	Yogurt Diced Peaches Milk	Cinnamon Raisin Toast* Mandarin Oranges Milk	Rice Krispy Cereal ½ Banana Milk
Lunch: Meat/Meat Alternate Grain Vegetable Fruit Milk (1%, unflavored)	Turkey Hot Dog (bun) Corn Fresh Peaches^ Milk	Grilled Cheese Sandwich (bread*) Tomato Soup Diced Pears Milk	Chicken Nuggets Roll* Green Beans^ Cranberry Sauce Milk	Sloppy Joes w. onion (bun*) Sweet Potato^ Fruit Cocktail Milk	Mozzarella Cheese Pizza (crust) Eggplant^ Apple Slices^ Milk
Snack: 2 Components & Water	Goldfish Crackers* Pineapple Tidbits Water	Graham Crackers* Applesauce Water	Blueberry Muffin ½ Banana Water	String Cheese Pretzels Water	Wheat Crackers* Orange Slices Water
	Monday 10/17/22	Tuesday 10/18/22	Wednesday 10/19/22	Thursday 10/20/22	Friday 10/21/22
Breakfast: Grain Fruit or Vegetable Milk (1%, unflavored)	French Toast Diced Peaches Milk	Oatmeal* Mixed Berries Milk	Kix Cereal ½ Banana Milk	Yogurt Tropical Fruit Milk	Cheese Toast Diced Pears Milk
Lunch: Meat/Meat Alternate Grain Vegetable Fruit Milk (1%, unflavored)	Beef & Cheese Tacos (tortilla) Black Beans Fresh Pears^ Milk	Cheese Ravioli (pasta) w. marinara Peas Pineapple Tidbits Milk	Breaded Chicken Sandwich (bun*) Turnips^ & Butternut Squash^ & Blueberries; Milk	Vegetable Beef Soup Roll* (mixed veggies) ½ Banana Milk	Turkey Meatballs w. gravy & roll* Mashed Potatoes^ Mandarin Oranges Milk
Snack: 2 components & Water	Yogurt Graham Crackers* Water	Animal Crackers Orange Slices Water	½ Bagel w. Cream Cheese & Raisins Water	Pumpkin^ Bread Applesauce Water	Tortilla Chips w. Salsa String Cheese Water

We follow USDA Guidelines for nutrition as part of the Child & Adult Care Food Program. This institution is an equal opportunity provider. *Whole grain foods. ^Local produce.

Revised: 09/28/22