



Frankie Lemmon School & DEVELOPMENTAL CENTER

Menu for 12/5 to 12/16

	Monday 12/05/22	Tuesday 12/06/22	Wednesday 12/07/22	Thursday 12/08/22	Friday 12/09/22
Breakfast: Grain Fruit or Vegetable Milk (1%, unflavored)	Pancakes Strawberries Milk	Kix Cereal Diced Pears Milk	Cinnamon Raisin Toast* Mandarin Oranges Milk	Yogurt Diced Mangos Milk	Blueberry Muffin* ½ Banana Milk
Lunch: Meat/Meat Alternate Grain Vegetable Fruit Milk (1%, unflavored)	BBQ Chicken Sandwich (bun*) Peas and Carrots Fruit Cocktail Milk	Fish Sticks (breading) French Fries Diced Peaches Milk	Chicken & Noodles* Green Beans Applesauce Milk	Beef & Cheese Tacos (flour tortilla) Black Beans Mixed Berries Milk	Mozzarella Cheese Pizza (crust) Mixed Green Salad Orange Slices Milk
Snack: 2 Components & Water	Chex Mix Cucumbers w. ranch Water	Pita Bread* Apple Slices Water	Wheat Crackers* Cheddar Cheese Cubes Water	Rice Krispy Cereal* Tropical Fruit Water	Cheese Crackers Raisins Water
	Monday 12/12/22	Tuesday 12/13/22	Wednesday 12/14/22	Thursday 12/15/22	Friday 12/16/22
Breakfast: Grain Fruit or Vegetable Milk (1%, unflavored)	Rice Krispy Cereal* Applesauce Milk	Cheese Toast* Tropical Fruit Milk	Waffle* Diced Pears Milk	Cheerios* Banana Milk	Yogurt Diced Peaches Milk
Lunch: Meat/Meat Alternate Grain Vegetable Fruit Milk (1%, unflavored)	Chicken Nuggets Roll* Green Peas Mixed Berries Milk	Hamburger Bun* Baked French Fries Apple Slices Milk	Grilled Cheddar Cheese Sandwich (bread*) Green Beans Fruit Cocktail Milk	BBQ Chicken Sliders (bun*) Baked Beans Diced Mango Milk	Cheese Ravioli (pasta*) w. Tomato sauce Mixed Vegetables Diced Pineapple Milk
Snack: 2 components & Water	Goldfish Crackers* Yogurt Water	Blueberry Muffin* Orange Slices Water	Pretzels Mixed Fruit Water	String Cheese ½ Bagel* Water	Sun Chips* Dried Cranberries 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: 11/15/22