



Frankie Lemmon School & Lemmon Tree Academy Menu

		Monday 8/28/23	Tuesday 8/29/23	Wednesday 8/30/23	Thursday 8/31/23	Friday 9/1/23			
BREAKFAST	Milk (1%)	Teacher Workday (no school)	Teacher Workday (no school)	Teacher Workday (no school)	6oz (2-5) / 8oz (6-8)	6oz (2-5) / 8oz (6-8)			
	Fruit/Veg				Applesauce	Banana			
	Grain/Meat*				Pancakes*	Cheerios*			
LUNCH	Milk (1%)				6oz (2-5) / 8oz (6-8)	6oz (2-5) / 8oz (6-8)			
	Fruit				Mandarin Oranges	Apple Slices			
	Vegetable				Green Beans	Corn			
	Grain				Roll*	Tortillas (tacos)			
	Meat/Meat Alt				Chicken Nuggets	Ground Beef & Cheese			
SNACK	Item 1				Goldfish Crackers*	Blueberry Muffin*			
	Item 2				Yogurt	String Cheese			
ALT	Moist & Minced or Soft & Bite Sized					Applesauce & Peas (lunch)			
						Diced Peaches (snack)			
					Monday 9/4/23	Tuesday 9/5/23	Wednesday 9/6/23	Thursday 9/7/23	Friday 9/8/23
BREAKFAST	Milk (1%)				HOLIDAY (school closed)	6oz (2-5) / 8oz (6-8)	6oz (2-5) / 8oz (6-8)	6oz (2-5) / 8oz (6-8)	6oz (2-5) / 8oz (6-8)
	Fruit/Veg					Diced Pears	Applesauce	Tropical Fruit	Diced Peaches
	Grain/Meat*	Cinnamon Raisin Toast*	Waffle*	Cheese Toast*		Kix Cereal*			
LUNCH	Milk (1%)	6oz (2-5) / 8oz (6-8)	6oz (2-5) / 8oz (6-8)	6oz (2-5) / 8oz (6-8)		6oz (2-5) / 8oz (6-8)			
	Fruit	Cantaloupe	Blueberries	Orange Slices		Banana			
	Vegetable	Broccoli	Baked Beans	Mixed Veg		Green Salad			
	Grain	Rice*	breading*	Roll*		Pizza Crust			
	Meat/Meat Alt	Chicken Casserole	Fish Sticks	Turkey Meatballs		Mozzarella Cheese			
SNACK	Item 1	Wheat Crackers*	Cheerios*	Pretzels*		Bagel w. cream cheese			
	Item 2	Cheddar Cheese Cubes	Raisins	Sunbutter		Raisins			
ALT	Moist & Minced or Soft & Bite Sized	Rice Krispy Cereal* (breakfast) Peaches (lunch)	Diced Pears (snack)	Banana & Rice Chex (breakfast) Oranges & Peas (lunch)		Green Beans (lunch)			
		Yogurt (snack)							

We follow USDA Guidelines for nutrition as part of the Child & Adult Care Food Program. This institution is an equal opportunity provider. *Whole Grain.
 ^Local Produce *Meat/meat alternates may be served in place of grain at breakfast up to 3x/week. "Water is served with Snack each day.

Menu Created: [August 16, 2023](#)