




# Frankie Lemmon School & Lemmon Tree Academy Menu

		Monday 11/20/23	Tuesday 11/21/23	Wednesday 11/22/23	Thursday 11/23/23	Friday 11/24/23
BREAKFAST	Milk (1%)	6oz (2-5) / 8oz (6-8)	6oz (2-5) / 8oz (6-8)	<p style="text-align: center;"><b>HOLIDAY</b> School Closed</p> 		
	Fruit/Veg	Blueberries	Hash Brown			
	Grain/Meat <sup>+</sup>	Kix Cereal	Turkey Sausage			
LUNCH	Milk (1%)	6oz (2-5) / 8oz (6-8)	6oz (2-5) / 8oz (6-8)			
	Fruit	Diced Peaches	Orange Slices			
	Vegetable	Sweet Potatoes	Black Beans			
	Grain	Dinner Roll*	Tortilla Shell			
	Meat/Meat Alt	Turkey Meatballs	Diced Chicken and Cheese (quesadilla)			
SNACK	Item 1	Animal Crackers	Wheat Crackers*			
	Item 2	Yogurt	Applesauce			
ALT	Moist & Minced or Soft & Bite Sized	Cheerios w. milk (snack)	Mandarin Oranges (lunch)			
			Mashed Sweet Potato (snack)			
		Monday 11/27/23	Tuesday 11/28/23	Wednesday 11/29/23	Thursday 11/30/23	Friday 12/01/23
BREAKFAST	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)	6oz (2-5) / 8oz (6-8)
	Fruit/Veg	Diced Mangos	Peach Slices	Tropical Fruit	Baked Apples	Bananas
	Grain/Meat <sup>+</sup>	Rice Chex Cereal*	Cheese Biscuits	Bagel w/ Jelly	Pancakes	Waffles
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)	6oz (2-5) / 8oz (6-8)
	Fruit	Fruit Cocktail	Strawberries	Diced Pineapples	Mandarin Oranges	Pear Slices
	Vegetable	Butternut Squash	Corn	Sweet Potato Fries	Peas	Mixed Green Salad
	Grain	Breaded	Rice*	Bun*	Breaded*	Crust
	Meat/Meat Alt	Fish Sticks	Chicken Enchilada (casserole)	Hamburger	Chicken Nuggets	Mozzarella Cheese (pizza)
SNACK	Item 1	Tortilla Chips & Salsa	Yogurt	Graham Crackers	Chex Mix	Chicken Salad
	Item 2	Raisins	Banana	Cheese Cubes	Dried Cranberries	Pita Bread*
ALT	Moist & Minced or Soft & Bite Sized	Baked Apples (breakfast); Diced Pears (lunch)	Diced Peaches (breakfast)	Diced Pears & Avocado (breakfast)	Rice Krispy Cereal w. milk (snack)	Diced Pears (lunch)
		Blueberries & Cottage Cheese (snack)	Peas (lunch)	Applesauce (lunch) Yogurt (snack)		Diced Peaches (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: (11/09/23)