



# Frankie Lemmon School & Lemmon Tree Academy Menu

|                  |  | <b>Monday<br/>03/11/24</b>   | <b>Tuesday<br/>03/12/24</b>          | <b>Wednesday<br/>03/13/24</b>                         | <b>Thursday<br/>03/14/24</b>                  | <b>Friday<br/>03/15/24</b>       |
|------------------|--|--|--------------------------------------|---|---|----------------------------------|
| <b>BREAKFAST</b> | 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  | Applesauce   | Mandarin Oranges                     | Strawberries  | Hashbrown                                     | Diced Peaches                    |
|                  | Grain/Meat <sup>+</sup>                                    | Toast w. jelly   | Pancakes                             | Cornflakes  | Turkey Sausage                                | Yogurt                           |
| <b>LUNCH</b>     | 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  | Blueberries  | Baked Apples                         | Fruit Cocktail  | Orange Slices                                 | Banana                           |
|                  | Vegetable  | Carrots w. ranch   | Pinto Beans                          | Peas  | Broccoli                                      | Green Salad                      |
|                  | Grain  | Tortilla wrap  | Tortilla                             | Dinner Roll*  | Penne Pasta w. sauce                          | crust                            |
|                  | Meat/Meat Alt  | Turkey & American Cheese   | Ground Beef & Cheddar Cheese         | Chicken Nuggets                                       | Beef & Mozzarella                             | Mozzarella Cheese Pizza          |
| <b>SNACK</b>     | Item 1   | Pita Bread   | Graham Crackers*                     | Muffin  | Pretzels                                      | Goldfish*                        |
|                  | Item 2   | Hummus   | Yogurt                               | Banana  | String Cheese                                 | Cucumber Slices                  |
| <b>ALT</b>       | <i>Moist &amp; Minced<br/>or<br/>Soft &amp; Bite Sized</i> | <i>Soft Carrots (lunch)</i>  |                                      | <i>Applesauce (lunch)</i>                             | <i>Cheerios* &amp; Cottage Cheese (snack)</i> | <i>Green Beans (lunch)</i>       |
|                  |  |  |                                      |   |   | <i>Diced Pears (snack)</i>       |
|                  |  | <b>Monday<br/>03/18/24</b>   | <b>Tuesday<br/>03/19/24</b>          | <b>Wednesday<br/>03/20/24</b>                         | <b>Thursday<br/>03/21/24</b>                  | <b>Friday<br/>03/22/24</b>       |
| <b>BREAKFAST</b> | 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  | Cantaloupe   | Diced Mangos                         | Orange Slices   | Raspberries                                   | Sliced Peaches                   |
|                  | Grain/Meat <sup>+</sup>                                    | Bagel w. cream cheese  | Rice Krispy Cereal*                  | Waffle  | Oatmeal*                                      | Muffin                           |
| <b>LUNCH</b>     | 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  | Tropical Fruit   | Sliced Pears                         | Mandarin Oranges                                      | Pineapple Tidbits                             | Diced Pears                      |
|                  | Vegetable  | Green Beans  | Mixed Vegetables                     | Corn  | Peas & Carrots                                | Baked Tater Tots                 |
|                  | Grain  | Bun  | Cornbread                            | Bread*  | Rice*   | Bun                              |
|                  | Meat/Meat Alt  | Sloppy Joes (ground beef)  | Vegetable Beef Soup                  | Grilled Cheese Sandwich                               | Chicken & Rice Casserole                      | Fish Fillet Sandwich             |
| <b>SNACK</b>     | Item 1   | Tortilla Chips   | Sun Butter                           | Bagel   | Yogurt  | Chex Mix                         |
|                  | Item 2   | Cheddar Cheese Cubes   | Animal Crackers                      | Bananas   | Raisins                                       | Applesauce                       |
| <b>ALT</b>       | <i>Moist &amp; Minced<br/>or<br/>Soft &amp; Bite Sized</i> | <i>Fruit Grain Bar &amp; Peaches (breakfast); Peas &amp; Mango (lunch)</i> | <i>Diced Pears (lunch)</i>           | <i>Mandarin Oranges (breakfast); Broccoli (lunch)</i> | <i>Applesauce (lunch)</i>                     | <i>Diced Peaches (breakfast)</i> |
|                  |  | <i>Cottage Cheese &amp; Graham Crackers (snack)</i>                        | <i>Cheerios &amp; Yogurt (snack)</i> | <i>Cheerios (snack)</i>                               | <i>Blueberries (snack)</i>                    | <i>Rice Chex Cereal (snack)</i>  |

\*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: (2/13/24)