

October 2021

Leflore Legacy Academy Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>Whole Grain Chicken Nuggets</b> Glazed Carrots (3/4 cup)  Assorted Fruit Skim/1% Milk
<b>Roasted Drumstick with Gravy</b> Brown Rlce (1/2 cup) Stir Fry Green Beans (3/4 cup) Assorted Fruit Skim/1% Milk	<b>Beef Hamburger</b> Tater Tots (3/4 cup)  Assorted Fruit Skim/1% Milk	<b>Turkey Bean Chili</b> Brown Rice (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>BBQ Chicken Sandwich</b> Garden Salad  Assorted Fruit Skim/1% Milk	<b>WG Cheese Pizza</b> Roasted Sweet Potato Wedges (3/4 cup)  Assorted Fruit Skim/1% Milk
<b>Chicken Taco Salad</b> Black Bean Salad (1/2 cup) WG Tortilla Assorted Fruit Skim/1% Milk	<b>Chicken Ranch Wrap</b> Cucumber Slices (3/4 cup)  Assorted Fruit Skim/1% Milk	<b>Cheesy Pasta with Broccoli</b> Seasoned Carrots (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Beef Hot Dog</b> with Whole Grain Bun Roasted Potatoes (3/4 cup) Assorted Fruit Skim/1% Milk	<b>Whole Grain Chicken Nuggets</b> Glazed Carrots (3/4 cup)  Assorted Fruit Skim/1% Milk
<b>Roasted Drumstick with Gravy</b> Brown Rlce (1/2 cup) Stir Fry Green Beans (3/4 cup) Assorted Fruit Skim/1% Milk	<b>Beef Hamburger</b> Tater Tots (3/4 cup)  Assorted Fruit Skim/1% Milk	<b>Turkey Bean Chili</b> with Whole Grain Bun  Assorted Fruit Skim/1% Milk	<b>BBQ Chicken Sandwich</b> Garden Salad  Assorted Fruit Skim/1% Milk	<b>WG Cheese Pizza</b> Roasted Sweet Potato Wedges (3/4 cup)  Assorted Fruit Skim/1% Milk
<b>Chicken Taco Salad</b> Black Bean Salad (1/2 cup) WG Tortilla Assorted Fruit Skim/1% Milk	<b>Chicken Ranch Wrap</b> Cucumber Slices (3/4 cup)  Assorted Fruit Skim/1% Milk	<b>Cheesy Pasta with Broccoli</b> Seasoned Carrots (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Beef Hot Dog</b> with Whole Grain Bun Roasted Potatoes (3/4 cup) Assorted Fruit Skim/1% Milk	<b>Whole Grain Chicken Nuggets</b> Glazed Carrots (3/4 cup)  Assorted Fruit Skim/1% Milk

This institution is an equal opportunity provider.

NOTE: Menu subject to change