

December 2021

Leflore Legacy Academy Snack Menu



SNACK				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Muffin 100% Fruit Juice (6.75 oz)	Whole Grain Cracker/Graham Fresh Fruit	Yogurt 100% Fruit Juice (6.75 oz)	Whole Grain Cracker/Graham Fresh Fruit	String Cheese 100% Fruit Juice (6.75 oz)

This institution is an equal opportunity provider.

NOTE: menu subject to change

December 2021

Leflore Legacy Academy Breakfast Menu



BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Sausage Sandwich Assorted Fruit Skim/1% Milk	Whole Grain Cereal String Cheese Assorted Fruit Skim/1% Milk	Whole Grain French Toast Sticks Syrup Assorted Fruit Skim/1% Milk	Egg & Cheese Sandwich with WG English Muffin Assorted Fruit Skim/1% Milk	Whole Grain Waffles Syrup Assorted Fruit Skim/1% Milk
Whole Grain French Toast Sticks Syrup Assorted Fruit Skim/1% Milk	Breakfast Sausage Sandwich Assorted Fruit Skim/1% Milk	Whole Grain Cereal String Cheese Assorted Fruit Skim/1% Milk	Whole Grain Pancakes Syrup Assorted Fruit Skim/1% Milk	Egg & Cheese Sandwich with WG English Muffin Assorted Fruit Skim/1% Milk
Breakfast Sausage Sandwich Assorted Fruit Skim/1% Milk	Whole Grain Cereal String Cheese Assorted Fruit Skim/1% Milk	Whole Grain French Toast Sticks Syrup Assorted Fruit Skim/1% Milk	Egg & Cheese Sandwich with WG English Muffin Assorted Fruit Skim/1% Milk	Whole Grain Waffles Syrup Assorted Fruit Skim/1% Milk

This institution is an equal opportunity provider.

NOTE: Menu subject to change

December 2021

Leflore Legacy Academy Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Roasted Chicken with Gravy Brown Rice (1/2 cup) Lemony Broccoli (3/4 cup) Assorted Fruit Skim/1% Milk	Beef Hamburger Tater Tots (3/4 cup) Assorted Fruit Skim/1% Milk	Spaghetti with Meat Sauce Parmesan Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	Roasted BBQ Chicken Green Beans (3/4 cup) Cornbread Assorted Fruit Skim/1% Milk	Whole Grain Chicken Nuggets Roasted Potatoes (3/4 cup) Assorted Fruit Skim/1% Milk
Hot Dog on Whole Grain Bun Seasoned Carrots (3/4 cup) Assorted Fruit Skim/1% Milk	Whole Grain Chicken Nuggets Roasted Potatoes (3/4 cup) Assorted Fruit Skim/1% Milk	Chicken Alfredo with Whole Grain Pasta Roasted Broccoli (3/4 cup) Assorted Fruit Skim/1% Milk	Turkey Bean Chili Cornbread Assorted Fruit Skim/1% Milk	Jerk Chicken Red Rice (1/2 cup) Green Beans (1/2 cup) Assorted Fruit Skim/1% Milk
Beef Hamburger Baked Beans (3/4 cup) Assorted Fruit Skim/1% Milk	Whole Grain Pizza Seasoned Carrots (3/4 cup) Assorted Fruit Skim/1% Milk	Cheesy Baked Ziti Roasted Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk	Sliced Turkey with Gravy Green Beans (3/4 cup) Cornbread Assorted Fruit Skim/1% Milk	Whole Grain Chicken Nuggets Roasted Potatoes (3/4 cup) Assorted Fruit Skim/1% Milk

This institution is an equal opportunity provider.

NOTE: Menu subject to change