

November

2021

Leflore Legacy Academy Breakfast Menu Genuine (Good Food Does Good)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Breakfast Sausage Sandwich Assorted Fruit Skim/ 1% Milk	2 Whole Grain Cereal String Cheese Assorted Fruit Skim/ 1% milk	3 W.G French Toast Stick Syrup Assorted Fruit Skim/ 1% Milk	4 Egg & Cheese Sandwich With WG English Muffin Assorted Fruit Skim/ 1% Milk	5 Whole Grain Waffle Syrup Assorted Fruit Skim/ 1% Milk	6
7	8 W.G French Toast Stick Syrup Assorted Fruit Skim/ 1% Milk	9 Breakfast Sausage Sandwich Assorted Fruit Skim/ 1% Milk	10 Whole Grain Cereal String Cheese Assorted Fruit Skim/ 1% milk	11 W.G Pancakes Syrup Assorted Fruit Skim/ 1% Milk	12 Egg & Cheese Sandwich With WG English Muffin Assorted Fruit Skim/ 1% Milk	13
14	15 Breakfast Sausage Sandwich Assorted Fruit Skim/ 1% Milk	16 Whole Grain Cereal String Cheese Assorted Fruit Skim/ 1% milk	17 W.G French Toast Stick Syrup Assorted Fruit Skim/ 1% Milk	18 Egg & Cheese Sandwich With WG English Muffin Assorted Fruit Skim/ 1% Milk	19 Whole Grain Waffle Syrup Assorted Fruit Skim/ 1% Milk	20
21	22 No School	23 No School	24 No School	25 No School	26 No School	27
28	29 Breakfast Sausage Sandwich Assorted Fruit Skim/ 1% Milk	30 Whole Grain Cereal String Cheese Assorted Fruit Skim/ 1% milk				

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Leflore Legacy Academy Lunch Menu Genuine (Good Food Does Good)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Roasted Drumstick w/Gravy Brown Rice (1/2cup) Lemony Broccoli (3/4 cup) Assorted Fruit Skim/ 1% Milk	2 Beef Hamburger Tater Tots (1/2 cup) Assorted Fruit Skim/ 1% Milk	3 Turkey Bean Chili Brown Rice (1/2 cup) Assorted Fruit Skim/ 1% Milk	4 BBQ Chicken Sandwich Green Bean Assorted Fruit Skim/ 1% Milk	5 WG Cheese Pizza Roasted Sweet Potato Wedge (3/4 cup) Assorted Fruit Skim/ 1% Milk	6
7	8 Chicken Taco Salad Black Bean Salad (1/2cup) WG Tortilla Assorted Fruit Skim/ 1% Milk	9 Chicken Ranch Wrap Cucumber Slices (3/4 cup) Assorted Fruit Skim/ 1% Milk	10 Grilled Cheese Tomato Soup (1 cup) Assorted Fruit Skim/ 1% Milk	11 Beef Hot Dog w/ Whole Grain Bun Roasted Potatoes (3/4cup) Assorted Fruit Skim/ 1% Milk	12 W.G Chicken Nuggets Glazed Carrots (3/4cup) Assorted Fruit Skim/ 1% Milk	13
14	15 Roasted Drumstick w/Gravy Brown Rice (1/2cup) Lemony Broccoli (3/4 cup) Assorted Fruit Skim/ 1% Milk	16 Beef Hamburger Tater Tots (1/2 cup) Assorted Fruit Skim/ 1% Milk	17 Turkey Bean Chili Brown Rice (1/2 cup) Assorted Fruit Skim/ 1% Milk	18 Sliced Turkey with Gravy W.G Dinner Roll Mashed Potatoes (1/2cup) Green Beans (1/2cup) Assorted Fruit Skim/ 1% Milk	19 WG Cheese Pizza Roasted Sweet Potato Wedge (3/4 cup) Assorted Fruit Skim/ 1% Milk	20
21	22 No School	23 No School	24 No School	25 No School	26 No School	27
28	29 Roasted Drumstick w/Gravy Brown Rice (1/2cup) Lemony Broccoli (3/4 cup) Assorted Fruit Skim/ 1% Milk	30 Beef Hamburger Tater Tots (1/2 cup) Assorted Fruit Skim/ 1% Milk				

November

2021

Leflore Legacy Academy Snack Menu Genuine (Good Food Does Good)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Whole Grain Muffin 100% Fruit Juice (6.75 oz)	2 Whole Grain Cracker/ Graham Fresh Fruit	3 Yogurt 100% Fruit Juice (6.75 oz)	4 Whole Grain Cracker/ Graham Fresh Fruit	5 String Cheese 100% Fruit Juice (6.75 oz)	6