

March 2022

Leflore Legacy Academy Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>BBQ Chicken Sandwich</b> Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Turkey Taco Bowl with Brown Rice</b> with Peppers, Onions, Salsa & Cheese Seasoned Pinto Beans (1/2 cup) Assorted Fruit Skim/1% Milk	<b>Roasted Chicken</b> Cornbread Mashed Potatoes (3/4 cup) with Gravy (1 oz) Assorted Fruit Skim/1% Milk	<b>Chicken Parmesan with Pasta</b> & Marinara Sauce Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk
<b>French Toast Casserole</b> Sweet Potato Fries/Tots(K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Sloppy Joe</b> Black Bean & Corn Salad (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Chicken Nuggets</b> Coleslaw (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Cheesy Baked Ziti</b> Green Peas (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Teriyaki Chicken with Broccoli &amp; Carrots</b> Brown Rice (K-8: 1/2 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk
<b>Spring Break</b>	<b>Spring Break</b>	<b>Spring Break</b>	<b>Spring Break</b>	<b>Spring Break</b>
<b>BBQ Rub Chicken</b> Biscuit Baked Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Turkey Soft Tacos</b> with Peppers, Onions, Salsa & Cheese Sweet Potato Wedges (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Lemon Herb Chicken</b> with broccoli Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	<b>Meatloaf</b> Cornbread or Dinner Roll Mashed Potatoes (3/4 cup) with Gravy (1 oz) Assorted Fruit Skim/1% Milk	<b>Asian Stir Fried Noodles with Chicken</b> with Cabbage & Cauliflower  Assorted Fruit Skim/1% Milk
<b>Beef Hamburger on Whole Grain Bun</b> Tater Tots (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Chicken Nuggets with Mac &amp; Cheese</b> Green Beans (K-8: 3/4 cup; 9-12: 1 cup)  Assorted Fruit Skim/1% Milk	<b>Pasta with Meat Sauce</b> Lemony Broccoli (1/2 cup)  Assorted Fruit Skim/1% Milk	<b>Spanish Chicken &amp; Rice</b> Seasoned Black Beans (1/2 c)  Assorted Fruit Skim/1% Milk	

\* Harvest of the Month

This institution is an equal opportunity provider.

NOTE: Menu subject to change

March 2022

**Leflore Legacy Academy Breakfast Menu**



BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>Breakfast Sausage Sandwich</b> Assorted Fruit Skim/1% Milk	2 <b>Muffin Town Muffin</b> String Cheese Assorted Fruit Skim/1% Milk	3 <b>Whole Grain Pancakes</b> Syrup Assorted Fruit Skim/1% Milk	4 <b>Egg &amp; Cheese Sandwich</b> with WG English Muffin Assorted Fruit Skim/1% Milk
7 <b>Breakfast Sausage Sandwich</b> Assorted Fruit Skim/1% Milk	8 <b>Muffin Town Muffin</b> String Cheese Assorted Fruit Skim/1% Milk	9 <b>Whole Grain French Toast Sticks</b> Syrup Assorted Fruit Skim/1% Milk	10 <b>Egg &amp; Cheese Sandwich</b> with WG English Muffin Assorted Fruit Skim/1% Milk	11 <b>Whole Grain Waffles</b> Syrup Assorted Fruit Skim/1% Milk
14 <b>Whole Grain French Toast Sticks</b> Syrup Assorted Fruit Skim/1% Milk	15 <b>Breakfast Sausage Sandwich</b> Assorted Fruit Skim/1% Milk	16 <b>Muffin Town Muffin</b> String Cheese Assorted Fruit Skim/1% Milk	17 <b>Whole Grain Pancakes</b> Syrup Assorted Fruit Skim/1% Milk	18 <b>Egg &amp; Cheese Sandwich</b> with WG English Muffin Assorted Fruit Skim/1% Milk
21 <b>Breakfast Sausage Sandwich</b> Assorted Fruit Skim/1% Milk	22 <b>Muffin Town Muffin</b> String Cheese Assorted Fruit Skim/1% Milk	23 <b>Whole Grain French Toast Sticks</b> Syrup Assorted Fruit Skim/1% Milk	24 <b>Egg &amp; Cheese Sandwich</b> with WG English Muffin Assorted Fruit Skim/1% Milk	25 <b>Whole Grain Waffles</b> Syrup Assorted Fruit Skim/1% Milk
28 <b>Whole Grain French Toast Sticks</b> Syrup Assorted Fruit Skim/1% Milk	29 <b>Breakfast Sausage Sandwich</b> Assorted Fruit Skim/1% Milk	30 <b>Muffin Town Muffin</b> String Cheese Assorted Fruit Skim/1% Milk	31 <b>Whole Grain Pancakes</b> Syrup Assorted Fruit Skim/1% Milk	

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