



Cycle Menu 1

LEGACY HIGH SCHOOL

Weeks of: 8/4, 9/8, 11/17, 12/22

Powering
potential.

BREAKFAST*

ENTREE

GRILL & PIZZA

EXPRESS

FRUIT&VEG

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Egg and Cheese Bagel, Coco Puff Cereal with Yogurt	Breakfast Pizza, Pop Tart with Graham	Egg and Cheese Bagel, Blueberry NG Bar with String Cheese	Apple Frudel, Honey Cheerios with Graham	Egg and Cheese Bagel, Pop Tart with String Cheese
ENTREE	Cheeseburger	T. Barbacoa Soft Tacos & Cilantro Rice	Asian Dumplings & Fried Rice	French Toast & T. Sausage	Breaded Honey Mustard Chicken Sandwich
GRILL & PIZZA	Cheese Pizza	Spicy Chicken Sandwich	Pepperoni Pizza	Spicy Chicken Sandwich	Pepperoni Pizza
EXPRESS	MYO Pizza Bagel	Egg Chef Salad with Roll	MYO Pizza Bagel	Egg Chef Salad with Roll	MYO Pizza Bagel
FRUIT&VEG	Spiral Fries, Fresh Broccoli, and Choice of Fruit	Sweet Corn, Red Peppers, and Choice of Fruit	Peas & Carrots, Edamame, and Choice of Fruit	Sweet Potato Fries, Celery Sticks, and Choice of Fruit	Spinach Salad, Baby Carrots, and Choice of Fruit

Menus are subject to change.

Daily fruit options may include a combination of the following: whole apples, oranges, bananas, 4 oz juice, fruit cups, and apple slices. 1 cup of fruit is offered daily for breakfast and lunch.

All Meals Must Include
Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk



This institution is an equal
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CYCLE MENU 2

LEGACY HIGH SCHOOL

Weeks of: 8/11, 9/15, 10/20, 11/24

Powering
potential.™

BREAKFAST*

ENTREE

GRILL & PIZZA

EXPRESS

FRUIT & VEG

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Chocolate Breakfast Round, Pop Tart with String Cheese	Confetti Waffle, Coco Puff Bar with Graham	Egg and Bacon Flatbread, Smoothie with Graham	Pancake Stick, Strawberry NG Bar with String Cheese	Egg and Bacon Flatbread, Pop Tart with Graham
ENTREE	Mini Corndogs with Mac & Cheese	Chicken Tenders with Breadstick	Country Chicken bowl with Breadstick	Buffalo Pizza Sticks	Cheesy Baked Penne
GRILL & PIZZA	Pepperoni Pizza	Spicy Chicken	Pepperoni Pizza	Spicy Chicken Sandwich	Chicken and Pepper Popper Pizza
EXPRESS	Turkey Sandwich	Turkey Chef Salad with Roll	Turkey Sandwich	Turkey Chef Salad with Roll	Turkey Sandwich
FRUIT & VEG	Steamed Broccoli, Celery Sticks, and Choice of Fruit	Baked Beans, Baby Carrots, and Choice of Fruit	Red Pepper Strips, and Choice of Fruit	Spiral Fries, Sliced Cucumber, Choice of Fruit	Shredded Romaine, Fresh Carrots, and Choice of Fruit

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Vegetable
And May Include:
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Cycle Menu 3

LEGACY HIGH SCHOOL

Weeks of: 8/18, 9/22, 10/27, 12/1

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Blueberry Loaf, Blueberry NG Bar with Graham	Cheesy Egg Breakfast Bowl, Pop Tart with String Cheese	C. Ham Biscuit, Cheerios with Yogurt	Chocolate Crescent, Coco Puff Cereal with Graham	C. Ham Biscuit, Cheerios with Yogurt
ENTREE	Fish Patty Melt	Kickin' Bean and Beef Tortilla Bowl	Chicken Penne Alfredo with Breadstick	Honey Stung Chicken with Biscuit	Buffalo Chicken Mac & Cheese
GRILL & PIZZA	Cheese Pizza	Spicy Chicken	Cheese Pizza	Spicy Chicken Sandwich	Pepperoni Pizza
EXPRESS	C. Ham Sandwich	C. Ham Chef Salad with Roll	C. Ham Sandwich	C. Ham Chef Salad with Roll	C. Ham Sandwich
FRUIT & VEG	Baked Beans, Coleslaw, Choice of Fruit	Corn, Baby Carrots, and Choice of Fruit	Steamed Broccoli, Celery Sticks, and Choice of Fruit	Spiral Fries, Sliced Cucumber, and Choice of Fruit	Spinach Salad, Celery Sticks, and Choice of Fruit

Menus are subject to change.

Daily fruit options may include a combination of the following: whole apples, oranges, bananas, 4 oz juice, fruit cups, and apple slices. 1 cup of fruit is offered daily for breakfast and lunch.

All Lunches Must
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Vegetable
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Cycle Menu 4

LEGACY HIGH SCHOOL

Weeks of: 8/25, 9/29, 10/27, 12/8

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Benefit Bar, Trix Cereal with String Cheese	Glazed Donut, Cinn Toast Crunch Bowl with Graham	Cinni Mini, Blueberry NG Bar with Yogurt	Breakfast Pizza, Golden Graham Bar with Graham	Cinnamon Scone, Pop Tart with String Cheese
ENTREE	Chicken Lomein	Turkey Barbacoa Barilla Quesadilla	General Tso's Beef with Rice	Waffles & Sausage	Buffalo Chicken Sandwich
GRILL & PIZZA	Pepperoni Pizza	Spicy Chicken	Cheese Pizza	Spicy Chicken	Pepperoni Pizza
EXPRESS	Turkey Sub	Baja Salad with Roll	Turkey Sub	Baja Salad with Roll	Turkey Sub
FRUIT & VEG	Steamed Broccoli, Edamame, and Choice of Fruit	Roasted Red Potatoes, Celery, and Choice of Fruit	Roasted Carrots, Fresh Cauliflower, Choice of Fruit	Tater Tots, Celery Sticks, Choice of Fruit	Romain Salad, Baby Carrots, and Choice of Fruit

Menus are subject to change.

Daily fruit options may include a combination of the following: whole apples, oranges, bananas, 4 oz juice, fruit cups, and apple slices. 1 cup of fruit is offered daily for breakfast and lunch.

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CYCLE MENU 5

LEGACY HIGH SCHOOL

Weeks of: 9/1, 10/6,11/10, 12/15

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BREAKFAST*

ENTREE

GRILL & PIZZA

EXPRESS

FRUIT & VEG

	MON	TUES	WED	THURS	FRI
BREAKFAST*	T. Sausage Muffin, Froot Loop Pouch with Yogurt	Pumpkin Bread, Lucky Charms Cereal Bowl with Graham	T. Sausage Muffin, Pop Tart with String Cheese	Blueberry Waffle, Blueberry NG Bar with Graham	Benefit Bar, Cinn Toast Crunch Bar with Graham
ENTREE	Sriracha Fish Taco	Chicken Tenders with Garlic Knot and Pizza Ranch	Walking Taco with Mexican Rice	BBQ Pork Rib Sandwich	Spicy Chicken Bite Basket with Bread Stick
GRILL & PIZZA	Southwest Chicken Pizza	Max Pizza Sticks with Dipping Sauce	Spicy Chicken Sandwich	Cheese Pizza	Spicy Chicken Sandwich
EXPRESS	C. Ham Sub	MYO Pizza Bagel	C. Ham Sub	MYO Pizza Bagel	C. Ham Sub
FRUIT & VEG	Corn, Red Pepper Strips, and Choice of Fruit	Roasted Carrots, Fresh Broccoli, and Choice of Fruit	Kickin' Beans, Sliced Cucumber, Choice of Fruit	Baked Beans, Baby Carrots, and Choice of Fruit	Spinach Salad, Celery, Sticks, and Choice of Fruit

Menus are subject to change.

Daily fruit options may include a combination of the following: whole apples, oranges, bananas, 4 oz juice, fruit cups, and apple slices. 1 cup of fruit is offered daily for breakfast and lunch.

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