



AUGUST

2020

Lufkin ISD Primary/Elementary Breakfast Menu



m	t	w	th	f
3.	4.	5.	6.	7.
10.	11.	12.	13.	14.
17.	18.	19.	20.	21.
Pop Tarts WS 75 Peaches 17 Juice Milk 24.	Yogurt M14 & Grahams WMS21 Applesauce 14 Juice Milk 25.	Mini Pancakes WMES 35 Orange Wedges 21 Juice Milk 26.	Biscuit WM29 & Sausage w/jelly 9 Watermelon 6 (in season) or Pineapple Tidbits 16 Juice 27.	Breakfast Pizza WMS 18 Fresh Apple Slices 7 Juice Milk 28.

French Toast Sticks WMES 43
Pineapple Tidbits 16
 Juice
 Milk
 31.

ALLERGENS: W-Wheat, S-Soy, M-Milk, E-Egg, P-Peanuts, C-Citrus
 Grams of carbohydrate are listed as the number beside the allergens
 Milk: white=12gms, choc=19gms, straw=18gms
 Juice: orange=13gms, apple=14gms, grape=19gms





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m	t	w	th	f	
3.	4.	5.	6.	7.	
10.	11.	12.	13.	14.	
17.	18.	19.	20.	21.	
Chicken Nuggets WS10 Hot Roll WMES 14 Mashed Potatoes M14 w/gravy WMES3 Corn 19 100% Fruit Juice Slush 25 Milk	Mini Corn Dogs WES 30 Pinto Beans 22 French Fries 22 Applesauce 14 Milk	Chicken Rings WMS14 w/Hot Roll WMES14 Broccoli w/cheese M6 Mixed Vegetables 8 Orange Wedges 21 Cookie 28 Milk	Orange Chicken WESC25 w/rice 40 or Chicken Nuggets WS10 Green Beans 4 Steamed Carrots 8 Watermelon (in season) 6 Pineapple Tidbits 16 Milk	Cheeseburger WMS30 Smiley Faced Potatoes 20 Grape Tomatoes 3 Apple Slices 7 Milk	
Pizza Sticks WMES 30 Broccoli w/cheese M6 Marinara Dip Cup 8 100% Fruit Juice Slush 25 Milk	ALLERGENS: W-Wheat, S-Soy, M-Milk, E-Egg, P-Peanuts, C-Citrus Grams of carbohydrate are listed as the number beside the allergens Milk: white=12gms, choc=19gms, straw=18gms Juice: orange=13gms, apple=14gms, grape=19gms			24.	25.
24.	25.	26.	27.	28.	
29.	30.	31.			



SEPTEMBER

2020

Lufkin ISD Primary/Elementary Breakfast Menu



m

Cinnamon Streusel
Cowgirl Bread **WME 29**
Applesauce (variety) **14**
Juice
Milk 1.

t

Mini Donuts (whole grain)
WMES 41
Banana **27**
Juice
Milk 2.

w

Kolache **WME 16**
Fruit
Juice
Milk 3.

th

Breakfast Pizza **WMS18**
Fresh Apple Slices **7**
Juice
Milk 4.

f



Soft Filled Cinnamon
Toast Crunch Bar **WM40**
Applesauce **14**
Juice
Milk 8.

Muffin **WES30** & Cheese
Stick **M 1**
Orange Wedges **C 21**
Juice
Milk 9.

Donut Holes **WMES 20**
Watermelon (in season) **6**
or
Peaches **17**
Juice 10.

Breakfast Pizza **WMS18**
Fruit
Juice
Milk 11.

Pop Tarts (whole grain)
WS75
Peaches **17**
Juice
Milk 14.

Yogurt **M14** & Grahams
WMS21
Applesauce **14**
Juice
Milk 15.

Mini Pancakes **WMES 35**
Orange Wedges **21**
Juice
Milk 16.

Biscuit **WM29** & Sausage
w/jelly **9**
Watermelon **6** (in season)
or Pineapple Tidbits **16**
Juice 17.

Breakfast Pizza **WMS 18**
Fresh Apple Slices **7**
Juice
Milk 18.

French Toast Sticks
WMES 43
Pineapple Tidbits **16**
Juice
Milk 21.

Cinnamon Streusel
Cowgirl Bread **WME 29**
Applesauce (variety) **14**
Juice
Milk 22.

Mini Donuts (whole grain)
WMES 41
Banana **27**
Juice
Milk 23.

Kolache **WME 16**
Fruit
Juice
Milk 24.

Breakfast Pizza **WMS 18**
Fresh Apple Slices **7**
Juice
Milk 25.

Pancake on a Stick
WMES19
Mandarin Oranges **21**
Juice
Milk 28.

Soft Filled Cinnamon
Toast Crunch Bar **WM40**
Applesauce **14**
Juice
Milk 29.

Muffin **WES30** & Cheese
Stick **M 1**
Orange Wedges **C 21**
Juice
Milk 30.

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Juice: orange=13gms, apple=14gms, grape=19gms



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



Updated 01/2020
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SEPTEMBER

Lufkin ISD Primary/Elementary Lunch Menu



2020



m

Walking Tacos **MS32**

Salsa Dip Cup **2**
Pinto Beans **22**
Applesauce **14**

Milk **1.**

t

Breaded Ravioli **WEM29**

Cucumber Slices **2 w/dipWE7**
Marinara Dip Cup **2**
Banana **27**
Cookie **28**

Milk **2.**

w

Chicken Drumstick **W5**

Hot Roll **WMES14**
M. Potatoes **M14**
w/Country Gravy **WMES3**
Green Beans **4**

Fruit **3.**

th

Pepperoni Pizza **WMS34**

Fresh Baby Carrots **8 w/dipWE7**
Smiley Faced Potatoes **20**
Apple Slices **7**

Milk **4.**

f



Popcorn Chicken **WMS17**

Broccoli w/Cheese **M6**
Mashed Potatoes **M14**
w/Gravy **WMES3**
Applesauce **14**

Milk **8.**

Beef Nachos **M31**

Pinto Beans **22**
Salsa Dip Cup **2**
Orange Wedges **21**
Cookie **28**

Milk **9.**

Hot Dog **W27**

French Fries **15**
Fresh Baby Carrots **8 w/dipWE7**
Watermelon (in season) **6** or
100% Fruit Juice Slush **25**

Milk **10.**

Chicken Burger **WM45**

Tater Tots **18**
100% Veggie Juice
Grapes **8**

Milk **11.**

Chicken Nuggets **WS10** or
PB&J Uncrustable **WP64**
Hot Roll **WMES14**
Mashed Potatoes **M14**
w/gravy **WMES3**
Corn **19**
100% Fruit Juice Slush **25**

Milk **14.**

Mini Corn Dogs **WES30** or Lunchable **WMES40**

Pinto Beans **22**
French Fries **22**
Applesauce **14**

Milk **15.**

Chicken Rings **WMS14** w/Hot Roll
WMES14 or
PB&J Uncrustable **WP64**
Broccoli w/cheese **M6**
Mixed Vegetables **8**
Orange Wedges **21**
Cookie **28**

Milk **16.**

Orange Chicken **WES25** w/rice **40** or
Chicken Nuggets **WS10** or
Lunchable **WMES40**
Green Beans **4**
Steamed Carrots **8**
Watermelon (in season) **6** or
Pineapple Tidbits **16**

Milk **17.**

Cheeseburger **WMS30** or
PB&J Uncrustable **WP64**
Smiley Faced Potatoes **20**
Grape Tomatoes **3**
Apple Slices **7**

Milk **18.**

Pizza Sticks **WMES30** or
PB&J Uncrustable **WP64**
Broccoli w/cheese **M6**
Marinara Dip Cup **8**
100% Fruit Juice Slush **25**

Milk **21.**

Walking Tacos **MS32** or Lunchable **WMES40**

Salsa Dip Cup **2**
Pinto Beans **22**
Applesauce **14**

Milk **22.**

Breaded Ravioli **WEM29** or PB&J
Uncrustable **WP64**
Cucumber Slices **2 w/dipWE7**
Marinara Dip Cup **2**
Banana **27**
Cookie **28**

Milk **23.**

Chicken Drumstick **W5** or
Lunchable **WMES40**
Hot Roll **WMES14**
M. Potatoes **M14** w/Country
Gravy **WMES3**
Green Beans **4**

Fruit **24.**

Pepperoni Pizza **WMS34** or
PB&J Uncrustable **WP64**
Fresh Baby Carrots **8 w/dipWE7**
Smiley Faced Potatoes **20**
Apple Slices **7**

Milk **25.**

Garlic French Bread Pizza **WMS29** or
PB&J Uncrustable **WP64**
Marinara Dip Cup **8**
Green Beans **4**
Mandarin Oranges **21**

Milk **28.**

Popcorn Chicken **WMS17** or Lunchable **WMES40**

Broccoli w/Cheese **M6**
Mashed Potatoes **M14**
w/Gravy **WMES3**
Applesauce **14**

Milk **29.**

Beef Nachos **M31** or
PB&J Uncrustable **WP64**
Pinto Beans **22**
Salsa Dip Cup **2**
Orange Wedges **21**
Cookie **28**

Milk **30.**

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