



AUGUST

2020

Lufkin Middle School Breakfast Menu



m	t	w	th	f
3.	4.	5.	6.	7.
10.	11.	12.	13.	14.
17.	18.	19.	20.	21.
24.	25.	26.	27.	28.

Biscuit **WM29** & Sausage or
Chocolate Mini
Donuts **WMES41**
Fruit & Juice
Milk

Breakfast Pizza **WMS18** or
Powdered Mini
Donuts **WMES41**
Fruit & Juice
Milk

Cinnamon Pancake
Sandwich **WMES35**
Fruit & Juice
Milk

Donut Holes **WMES30**
Fruit & Juice
Milk

Muffin **WES31** & Cheese
Stick **M** or
Mini Pancakes **WMES35**
Fruit & Juice
Milk

Donut Holes **WMES30** or
Chocolate Mini
Donuts **WMES41**
Fruit & Juice
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





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m	t	w	th	f
3.	4.	5.	6.	7.
10.	11.	12.	13.	14.
17.	18.	19.	20.	21.
<p>Chicken Fried Steak Sandwich WS45 or Spicy Chicken Sandwich WM45 French Fries 22 & Corn 19 Fruit & Milk 24.</p>	<p>Breaded Ravioli WEM 41 w/marinara 2 or Spaghetti & Meatsauce W26 Carrots 8 & Green Beans 4 Fruit & Milk 25.</p>	<p>Walking Tacos MS 32 Ranchero Beans 22 & Salad Cookie WMES 26 Fruit & Milk 26.</p>	<p>Cheeseburger MS 29 or Chicken Tenders WM18 Fries & Baby Carrots 8 w/dip ME7 Fruit & Milk 27.</p>	<p>Tornados WMS 46 Tostitos Scoops 19 & Salsa 2 Ranchero Beans 22 Fruit & Milk 28.</p>

Spicy Chicken Sandwich WM45 or
Chicken Spaghetti WMS27w/roll
WMES28
Broccoli w/cheese MS6
Steamed Carrots 8
Fruit & Milk 31.

Weekly Pizza Line Menu: M-Pepperoni WMS34, T-Meat Lovers WMS36, W-Garlic French Bread WMS29, Th-Wild Mike's Cheesy Bites WMS42, F-Cheese WMS35
Weekly Deli Line Menu: M-PB&J Uncrustable WP64 T-Ham & Cheese Sub WM29 W-Turkey Bacon Club WM29 Th-Lunchable WMES40 F-Yogurt Parfait M92



SEPTEMBER

2020

Lufkin Middle School Breakfast Menu



m

Breakfast Pizza **WMS18**
or Breakfast Bar **WMES39**
Fruit & Juice
Milk

1.

t

Bagelful **WM41**
Fruit & Juice
Milk

2.

w

Pancake & Sausage on a
Stick **WMES19**
Fruit & Juice
Milk

3.

th

Yogurt **M16** & Muffin
WES31 or
Chicken Biscuit **WMS39**
Fruit & Juice
Milk

4.

f



Breakfast Pizza **WMS18** or
Powdered Mini
Donuts **WMES41**
Fruit & Juice
Milk

8.

Cinnamon Pancake
Sandwich **WMES35**
Fruit & Juice
Milk

9.

Donut Holes **WMES30**
Fruit & Juice
Milk

10.

Muffin **WES31** & Cheese
Stick **M** or
Mini Pancakes **WMES35**
Fruit & Juice
Milk

11.

Donut Holes **WMES30** or
Chocolate Mini
Donuts **WMES41**
Fruit & Juice
Milk

14.

Breakfast Pizza **WMS18**
or Breakfast Bar **WMES39**
Fruit & Juice
Milk

15.

Bagelful **WM41**
Fruit & Juice
Milk

16.

Pancake & Sausage on a
Stick **WMES19**
Fruit & Juice
Milk

17.

Yogurt **M16** & Muffin
WES31 or
Chicken Biscuit **WMS39**
Fruit & Juice
Milk

18.

Biscuit **WM29** & Sausage
or
Chocolate Mini
Donuts **WMES41**
Fruit & Juice
Milk

21.

Breakfast Pizza **WMS18** or
Powdered Mini
Donuts **WMES41**
Fruit & Juice
Milk

22.

Cinnamon Pancake
Sandwich **WMES35**
Fruit & Juice
Milk

23.

Donut Holes **WMES30**
Fruit & Juice
Milk

24.

Muffin **WES31** & Cheese
Stick **M** or
Mini Pancakes **WMES35**
Fruit & Juice
Milk

25.

Donut Holes **WMES30** or
Chocolate Mini
Donuts **WMES41**
Fruit & Juice
Milk

28.

Breakfast Pizza **WMS18**
or Breakfast Bar **WMES39**
Fruit & Juice
Milk

29.

Bagelful **WM41**
Fruit & Juice
Milk

30.

ALLERGENS: W-Wheat, S-Soy, M-Milk, E-Egg, P-Peanuts, C-Citrus
Grams of carbohydrate are listed as the number beside the allergens
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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
www.SquareMeals.org

SEPTEMBER

2020

Lufkin Middle School Lunch Menu



m

t

w

th

f

Frito Pie **M40** or
Cheeseburger **MS29**
Potato Wedges **S20**
Green Beans **4**
Fruit & Milk **1.**

Tornados **WMS 46** or
Chicken Nuggets **WS10**
w/roll **WMES 28**
Baby Carrots **8** & Salad
Fruit & Milk **2.**

Walking Tacos **MS 32**
Ranchero Beans **22**
Salsa **2**
Cookie **WMES26**
Fruit & Milk **3.**

Boneless Wings
Plain **WS13** or Honey Sriracha **W22**
Hot Roll **WMES 28**
Fries **22**
Corn **19**
Fruit & Milk **4.**



Breaded Ravioli **WEM 41** w/marinara **2**
or
Spaghetti & Meatsauce **W26**
Carrots **8** & Green Beans **4**
Fruit & Milk **8.**

Walking Tacos **MS 32**
Ranchero Beans **22** &
Salad
Cookie **WMES 26** **9.**

Cheeseburger **MS 29** or
Chicken Tenders **WM18**
Fries & Baby Carrots **8**
w/dip **ME7**
Fruit & Milk **10.**

Tornados **WMS 46**
Tostitos Scoops **19** & Salsa **2**
Ranchero Beans **22**
Fruit & Milk **11.**

Spicy Chicken Sandwich
WM45 or Chicken Spaghetti
WMS27w/roll **WMES28**
Broccoli w/cheese **MS6**
Steamed Carrots **8** **14.**

Frito Pie **M40** or
Cheeseburger **MS29**
Potato Wedges **S20**
Green Beans **4**
Fruit & Milk **15.**

Tornados **WMS 46** or
Chicken Nuggets **WS10**
w/roll **WMES 28**
Baby Carrots **8** & Salad
Fruit & Milk **16.**

Walking Tacos **MS 32**
Ranchero Beans **22**
Salsa **2**
Cookie **WMES26**
Fruit & Milk **17.**

Boneless Wings
Plain **WS13** or Honey Sriracha **W22**
Hot Roll **WMES 28**
Fries **22**
Corn **19**
Fruit & Milk **18.**

Fruit & Milk
Chicken Fried Steak Sandwich
WS45 or Spicy Chicken
Sandwich **WM45**
French Fries **22** & Corn **19**
Fruit & Milk **21.**

Breaded Ravioli **WEM 41**
w/marinara **2** or
Spaghetti & Meatsauce **W26**
Carrots **8** & Green Beans **4**
Fruit & Milk **22.**

Walking Tacos **MS 32**
Ranchero Beans **22** & Salad
Cookie **WMES 26**
Fruit & Milk **23.**

Cheeseburger **MS 29** or
Chicken Tenders **WM18**
Fries & Baby Carrots **8**
w/dip **ME7**
Fruit & Milk **24.**

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Tostitos Scoops **19** & Salsa **2**
Ranchero Beans **22**
Fruit & Milk **25.**

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WMS27w/roll **WMES28**
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Steamed Carrots **8** **28.**

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Cheeseburger **MS29**
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Green Beans **4**
Fruit & Milk **29.**

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Baby Carrots **8** & Salad
Fruit & Milk **30.**

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