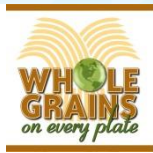


Lufkin ISD Elementary/Primary Schools



MEAL PRICING:

Student Breakfast	Free
Adult/Visitor Breakfast Price	\$2.35
Milk Only	\$0.50
Soy or Lactose Free	\$1.00

BREAKFAST Menu

January-May 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Dutch Waffle or Pop Tarts Orange Wedges Juice Milk	Donut Holes Go Big Yogurt & Grahams Watermelon (in season) or Applesauce (variety) Juice Milk	Jimmy Dean Breakfast Bites Mini Maple Pancakes w/syrup Peaches Juice Milk	French Toast Sticks w/syrup Biscuit & Sausage w/jelly Pineapple Tidbits Juice Milk	Breakfast Pizza Cowgirl Bread Fresh Apple Juice Milk Jelly
2	Pop Tarts French Toast Sticks Pineapple Tidbits Juice Milk Jelly	Cowgirl Bread Honey Bun Banana Juice Milk	Mini Donuts Mini Cinnamon Waffles Applesauce (variety) Juice Milk	Yogurt Parfait Biscuit & Sausage w/jelly Fruit Juice Milk	Breakfast Pizza Fresh Apple Juice Milk
3	Pancake on a Stick Mini Donuts Mandarin Oranges Juice Milk	Jimmy Dean Breakfast Bites Muffin & Yogurt Watermelon (in season) or Orange Slices Juice Milk	PB&J Uncrustable or Soy Jamwich Mini Waffles Applesauce Juice Milk	Donut Holes Biscuit & Sausage w/jelly Peaches Juice Milk	Breakfast Pizza Pop Tarts Fruit Juice Milk

8 oz. Water: \$0.50
 16 oz. Water: \$1.00
 12 oz. cup of Water: Free
 Snacks vary in price from \$0.25– 1.50

The cashier is required to charge a la carte prices if your child does not take a reimbursable meal. This is a United States Department of Agriculture regulation. The cashier to say, "You need to take a fruit/vegetable or another item," in order to avoid charging these prices. Please discuss this with your children.

NUTRITION BITES:

- Breakfast contributes less than 20% of daily calories, but includes key vitamins and minerals: calcium, vitamin D, iron, and B vitamins.¹
- The U.S. Dietary Guidelines recommends that Americans eat more whole grain. Cereal is one of the best ways to get the whole grain you need at breakfast.
- Cereal is an important contributor to improved nutrient intake in food insecure children.²

Week 1	Week 2	Week 3
Jan 8 th Jan 29 th Feb 19 th Mar 19 th Apr 9 th Apr 30 th May 21 st Mgr Choice	Jan 15 th Feb 5 th Feb 26 th Mar 26 th Apr 16 th May 7 th	Jan 22 nd Feb 12 th Mar 5 th Apr 2 nd Apr 23 rd May 14 th

This institution is an equal opportunity provider.

1. NHANES 2011-12.
 2. Albertson et al. Ready-to-Eat Cereal Intake is Associated with an Improved Nutrient Intake Profile among Food Insecure Children in the United States. *Journal of Hunger & Environmental Nutrition* (2013).



MEAL PRICING:

Lunch Full Price-PreK	\$2.00
Lunch Full Price-Elem	\$2.25
Reduced Lunch Price	\$0.40
Milk Only	\$0.50

LUNCH Menu

January-May 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Chicken Nuggets Steakfingers PB&J Uncrustable or Soy Jamwich Hot Roll Mashed Potatoes w/gravy Corn Orange Wedges	Pulled Pork BBQ Sandwich Mini Corn Dogs Lunchable Pinto Beans Smiley Faced Potatoes Watermelon (in season) Applesauce	Chicken Rings Beef Riblets PB&J Uncrustable or Soy Jamwich Hot Roll Steamed Broccoli Sweet Potato Cubes Fruit Slush	Mandarin Chicken Chicken Nuggets Lunchable Steamed Rice or Noodles Green Beans Steamed Carrots Pineapple Tidbits Fortune Cookie	Chicken Burger Cheeseburger PB&J Uncrustable or Soy Jamwich Fries Grape Tomatoes Apple
2	Popcorn Chicken w/cornbread muffin Tony's Pizza Sticks PB&J Uncrustable or Soy Jamwich Green Beans Marinara Dip Cup Fruit Slush	Beef Nachos Lunchable Salsa Dip Cup Pinto Beans Banana	Beef Ravioli w/Garlic Toast Pizza: Cheese or Pepperoni PB&J Uncrustable Soy Jamwich Fresh Broccoli Bites Corn Applesauce	Chicken Rings Drumstick Lunchable Hot Roll M. Potatoes w/Country Gravy Steamed Carrots Fruit	Chicken Burger Mini Corn Dogs PB&J Uncrustable Soy Jamwich Fresh Baby Carrots Smiley Faced Potatoes Apple
3	Pizza: Cheese or Pepperoni Hot Pocket PB&J Uncrustable Soy Jamwich Marinara Dip Cup Green Beans Mandarin Oranges	Fish Nuggets Popcorn Chicken Lunchable Hot Roll Broccoli w/Cheese Mashed Potatoes w/Gravy Orange Slices	Beef Nachos PB&J Uncrustable Soy Jamwich Pinto Beans Salsa Dip Cup Applesauce Cookie	Turkey Breast & Turkey Bacon Club Sandwich Grilled Cheese Sandwich Lunchable Goldfish Crackers Fresh Broccoli Bites Fresh Baby Carrots Fruit Slush	Cheeseburger Hot Dog PB&J Uncrustable Soy Jamwich Tater Tots Celery Sticks Fruit

8 oz. Water: \$0.50

Snacks vary in price from \$0.25- 1.50

16 oz. Water: \$1.00

12 oz. cup of Water: Free

NUTRITION BITES:

- Make fruit more appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- Many children in the US fall short of meeting calcium, iron, vitamins D, potassium, fiber and whole grain recommendations.¹
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²

Week 1	Week 2	Week 3
Jan 8th Jan 29th Feb 19th Mar 19th Apr 9th Apr 30th May 21st Mgr Choice	Jan 15th Feb 5th Feb 26th Mar 26th Apr 16th May 7th	Jan 22nd Feb 12th Mar 5th Apr 2nd Apr 23rd May 14th

This institution is an equal opportunity provider.

The cashier is required to charge a la carte prices if your child does not take a reimbursable meal. This is a United States Department of Agriculture Regulation. The cashier to say, "You need to take a fruit/vegetable or another item," in order to avoid charging these prices. Please discuss this with your children.