



AUGUST

2020

Lufkin Middle School Breakfast Menu



m 3.	t 4.	w 5.	th 6.	f 7.
10.	11.	12.	13.	14.
17.	18.	19.	20.	21.
Biscuit & Sausage or Chocolate Mini Donuts Fruit & Juice Milk 24.	Breakfast Pizza or Powdered Mini Donuts Fruit & Juice Milk 25.	Cinnamon Pancake Sandwich Fruit & Juice Milk 26.	Donut Holes Fruit & Juice Milk 27.	Muffin & Cheese Stick or Mini Pancakes Fruit & Juice Milk 28.

Donut Holes or
Chocolate Mini Donuts
Fruit & Juice
Milk
31.

Special Announcements:

In order to ensure all students have time to eat we are starting school with limited choices. As we adjust to our new processes we will begin to add the rest of the favorite items into the menu cycle.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



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



Updated 01/2020
www.SquareMeals.org



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Lufkin Middle School Lunch Menu



m	t	w	th	f
3.	4.	5.	6.	7.
10.	11.	12.	13.	14.
17.	18.	19.	20.	21.
Chicken Fried Steak Sandwich or Spicy Chicken Sandwich French Fries & Corn Fruit & Milk 24.	Breaded Ravioli w/marinara or Spaghetti & Meatsauce Carrots & Green Beans Fruit & Milk 25.	Walking Tacos Ranchero Beans & Salad Cookie Fruit & Milk 26.	Cheeseburger or Chicken Tenders Fries & Baby Carrots w/dip Fruit & Milk 27.	Tornados Tostitos Scoops & Salsa Ranchero Beans Fruit & Milk 28.

Spicy Chicken Sandwich or
 Chicken Spaghetti w/roll
 Broccoli w/cheese
 Steamed Carrots
 Fruit & Milk
 31.

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SEPTEMBER

Lufkin Middle School Breakfast Menu



2020



m

Breakfast Pizza or
Breakfast Bar
Fruit & Juice
Milk

1.

t

Bagelful
Fruit & Juice
Milk

2.

w

Pancake & Sausage on a
Stick
Fruit & Juice
Milk

3.

th

Yogurt & Muffin or
Chicken Biscuit
Fruit & Juice
Milk

4.

f



Breakfast Pizza or
Powdered Mini Donuts
Fruit & Juice
Milk

8.

Cinnamon Pancake
Sandwich
Fruit & Juice
Milk

9.

Donut Holes
Fruit & Juice
Milk

10.

Muffin & Cheese Stick or
Mini Pancakes
Fruit & Juice
Milk

11.

Donut Holes or
Chocolate Mini Donuts
Fruit & Juice
Milk

14.

Breakfast Pizza or
Breakfast Bar
Fruit & Juice
Milk

15.

Bagelful
Fruit & Juice
Milk

16.

Pancake & Sausage on a
Stick
Fruit & Juice
Milk

17.

Yogurt & Muffin or
Chicken Biscuit
Fruit & Juice
Milk

18.

Biscuit & Sausage or
Chocolate Mini Donuts
Fruit & Juice
Milk

21.

Breakfast Pizza or
Powdered Mini Donuts
Fruit & Juice
Milk

22.

Cinnamon Pancake
Sandwich
Fruit & Juice
Milk

23.

Donut Holes
Fruit & Juice
Milk

24.

Muffin & Cheese Stick or
Mini Pancakes
Fruit & Juice
Milk

25.

Donut Holes or
Chocolate Mini Donuts
Fruit & Juice
Milk

28.

Breakfast Pizza or
Breakfast Bar
Fruit & Juice
Milk

29.

Bagelful
Fruit & Juice
Milk

30.

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SEPTEMBER

2020

Lufkin Middle School Lunch Menu



m

Frito Pie or Cheeseburger
Potato Wedges
Green Beans
Fruit & Milk

1.

t

Tornados or
Chicken Nuggets w/roll
Baby Carrots & Salad
Fruit & Milk

2.

w

Walking Tacos
Ranchero Beans
Salsa
Cookie
Fruit & Milk

3.

th

Boneless Wings
Plain or Honey Sriracha
Hot Roll
Fries
Corn
Fruit & Milk

4.

f



Breaded Ravioli w/marinara or
Spaghetti & Meatsauce
Carrots & Green Beans
Fruit & Milk

8.

Walking Tacos
Ranchero Beans & Salad
Cookie
Fruit & Milk

9.

Cheeseburger or Chicken
Tenders
Fries & Baby Carrots w/dip
Fruit & Milk

10.

Tornados
Tostitos Scoops & Salsa
Ranchero Beans
Fruit & Milk

11.

Spicy Chicken Sandwich or
Chicken Spaghetti w/roll
Broccoli w/cheese
Steamed Carrots
Fruit & Milk

14.

Frito Pie or Cheeseburger
Potato Wedges
Green Beans
Fruit & Milk

15.

Tornados or
Chicken Nuggets w/roll
Baby Carrots & Salad
Fruit & Milk

16.

Walking Tacos
Ranchero Beans
Salsa
Cookie
Fruit & Milk

17.

Boneless Wings
Plain or Honey Sriracha
Hot Roll
Fries
Corn
Fruit & Milk

18.

Chicken Fried Steak Sandwich
or Spicy Chicken Sandwich
French Fries & Corn
Fruit & Milk

21.

Breaded Ravioli w/marinara or
Spaghetti & Meatsauce
Carrots & Green Beans
Fruit & Milk

22.

Walking Tacos
Ranchero Beans & Salad
Cookie
Fruit & Milk

23.

Cheeseburger or Chicken
Tenders
Fries & Baby Carrots w/dip
Fruit & Milk

24.

Tornados
Tostitos Scoops & Salsa
Ranchero Beans
Fruit & Milk

25.

Spicy Chicken Sandwich or
Chicken Spaghetti w/roll
Broccoli w/cheese
Steamed Carrots
Fruit & Milk

28.

Frito Pie or Cheeseburger
Potato Wedges
Green Beans
Fruit & Milk

29.

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Chicken Nuggets w/roll
Baby Carrots & Salad
Fruit & Milk

30.

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