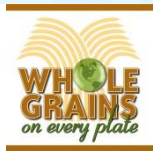


# Lufkin ISD Elementary/Primary Schools



## MEAL PRICING:

Student Breakfast	FREE
Adult/Visitor Breakfast Price	\$2.50
Milk Only	\$0.50
Soy or Lactose Free Milk	\$1.00

## BREAKFAST Menu August 2021-May 2022

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Dutch Waffle <b>WMES43</b> or Oatmeal Rounds <b>WMES39</b> Peaches <b>17</b> Juice Milk	Kolache <b>WME16</b> or Yogurt <b>M14</b> & Grahams <b>WMS21</b> Applesauce <b>14</b> (variety) Juice Milk	Mini Pancakes <b>WMES35</b> (two flavors) w/syrup <b>30</b> Orange Wedges <b>21</b> Juice Milk	Cinnamon Roll <b>WE37</b> or Biscuit <b>WMS22</b> & Sausage w/jelly <b>9</b> Pineapple Tidbits <b>16</b> Juice Milk	Breakfast Pizza <b>WMS26</b> Fresh Apple Slices <b>7</b> Juice Milk
<b>2</b>	Pop Tarts <b>WS75</b> (whole grain) or French Toast Sticks <b>WMES43</b> Pineapple Tidbits <b>16</b> Juice Milk	Cowgirl Bread <b>WME29</b> or Honey Bun <b>WMES40</b> Applesauce <b>14</b> (variety) Juice Milk	Mini Donuts <b>WMES41</b> (whole grain) or Eggs <b>ME</b> & Toast <b>WS14</b> Banana <b>27</b> Juice Milk	Yogurt Parfait <b>MS</b> (yogurt <b>16</b> granola <b>6</b> ) or Churros <b>WMES</b> <b>52</b> Fruit Juice Milk	Breakfast Pizza <b>WMS26</b> Fresh Apple Slices <b>7</b> Juice Milk
<b>3</b>	Pancake on a Stick <b>WMES19</b> or Chicken Biscuit <b>WM35</b> w/ honey Mandarin Oranges <b>21</b> Juice Milk	Sausage & Pancake Sandwich <b>WMES17</b> or Belgian Waffle <b>WME37</b> Applesauce Juice Milk	Muffin <b>WES30</b> & Cheese Stick <b>M1</b> or Eggs <b>ME</b> & Toast <b>WS14</b> Orange Wedges <b>21</b> Juice Milk	Donut Holes <b>WMES20</b> or Biscuit <b>WMS22</b> & Sausage w/jelly <b>9</b> Peaches <b>17</b> Juice Milk	Breakfast Pizza <b>WMS26</b> Fruit Juice Milk

**ALLERGENS:** W-Wheat, S-Soy, M-Milk, E-Egg, P-Peanuts, C-Citrus, F-Fish

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

Week 1		Week 2		Week 3	
Aug 12	Mar 7	Aug 16	Mar 21	Aug 23	Mar 28
Aug 30	Apr 4	Sept 6	Apr 11	Sept 13	Apr 18
Sept 20	Apr 25	Sept 27	May 2	Oct 4	May 9
Oct 11	May 16	Oct 18	May 23	Oct 25	
Nov 1		Nov 8		Nov 15	
Nov 29		Dec 6		Dec 13	
Jan 3		Jan 10		Jan 17	
Jan 24		Jan 31		Feb 7	
Feb 14		Feb 21		Feb 28	

This program is funded by USDA. This institution is an equal opportunity provider.

# Lufkin ISD Elementary/Primary Schools

**PICK 3 FREE**

**SCHOOL LUNCH!**

Bringing your lunch from home?  
Add a fruit, veggie and milk for **FREE!**

This year, lunch is free for all, but for those who wish to grab a milk or add a fruit, you must pick 3 to count as a free lunch. Your child can still purchase additional a la carte items. Enjoy lunch or lunch add-ons.  
All make for a nutritious lunch to fuel our students for the day.

## MEAL PRICING:

All Students	FREE
Adult/Visitor	\$3.50
Milk Only	\$0.50

## LUNCH Menu

## August 2021-May 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Chicken Rings <b>WS12</b> or Macaroni & Cheese <b>WME29</b> or PB&J Uncrustable <b>WP64</b> or Soy Jamwich <b>WMS55</b> Hot Roll <b>WMES14</b> Broccoli w/cheese <b>M6</b> Mixed Vegetables <b>8</b> 100% Juice Fruit Slush <b>25</b> Milk	Pulled Pork BBQ Sandwich <b>W29</b> or Mini Corn Dogs <b>WES30</b> or Lunchable <b>WMES40</b> Pinto Beans <b>22</b> French Fries <b>15</b> Applesauce <b>14</b> Milk	Cheese Enchiladas <b>M18</b> or Crisritos <b>W46</b> or PB&J Uncrustable or Soy Jamwich Refried Beans <b>30</b> Corn <b>19</b> Orange Wedges <b>21</b> Cookie <b>WMES28</b> Milk	Orange Chicken <b>WES25</b> or Chicken Nuggets <b>WS13</b> or Lunchable Rice <b>40</b> Green Beans <b>4</b> Steamed Carrots <b>8</b> Pineapple Tidbits <b>16</b> Fortune Cookie <b>WS4</b> Milk	Chicken Burger <b>WM46</b> or Cheeseburger <b>WMS30</b> or PB&J Uncrustable or Soy Jamwich Smiley Faced Potatoes <b>20</b> Fresh Baby Carrots <b>8</b> w/dip Apple Slices <b>7</b> Milk
<b>2</b>	Beef Ravioli <b>WMS30</b> w/Breadstick <b>WMS15</b> or Wild Mike's Cheesy Bites <b>WMS28</b> or PB&J Uncrustable or Soy Jamwich Broccoli w/cheese <b>M6</b> Marinara Dip Cup <b>8</b> 100% Fruit Juice Slush <b>25</b> Milk	Beef Nachos <b>M31</b> or Lunchable Salsa Dip Cup <b>2</b> Pinto Beans <b>22</b> Applesauce <b>14</b> Milk	Hot Pocket <b>WMS32</b> or Spaghetti & Meatsauce <b>W42</b> w/Breadstick <b>WMS15</b> or PB&J Uncrustable or Soy Jamwich Cucumber Slices w/dip <b>WE7</b> Corn <b>19</b> Banana <b>27</b> Cookie <b>WMES28</b> Milk	Chicken Rings <b>WS12</b> or Drumstick <b>W5</b> or Lunchable Hot Roll <b>WMES14</b> M. Potatoes <b>M14</b> w/Country Gravy <b>WMES3</b> Green Beans <b>4</b> Fruit Milk	Chicken Burger <b>WM46</b> or Pepperoni Pizza <b>WMS34</b> or PB&J Uncrustable or Soy Jamwich Fresh Baby Carrots w/dip <b>WE7</b> Smiley Faced Potatoes <b>20</b> Apple Slices <b>7</b> Milk
<b>3</b>	Mini Calzones <b>WMS40</b> or Garlic French Bread Pizza <b>WMS29</b> or PB&J Uncrustable or Soy Jamwich Marinara Dip Cup <b>8</b> Green Beans <b>4</b> Mandarin Oranges <b>21</b> Milk	Fish Nuggets <b>WMF23</b> or Popcorn Chicken <b>WMS17</b> or Lunchable Mac & Cheese <b>WME15</b> Broccoli w/Cheese <b>M6</b> Mashed Potatoes <b>M14</b> w/Gravy <b>WMES3</b> Applesauce <b>14</b> Milk	Walking Tacos <b>MS32</b> or PB&J Uncrustable or Soy Jamwich Pinto Beans <b>22</b> Salsa Dip Cup <b>2</b> Orange Wedges <b>21</b> Cookie <b>WMES28</b> Milk	Pretzel Dog <b>W34</b> or Hot Dog <b>W27</b> or Lunchable French Fries <b>15</b> Fresh Baby Carrots w/dip <b>WE7</b> 100% Fruit Juice Slush <b>25</b> Milk	Cheeseburger <b>WMS30</b> or Grilled Cheese Sandwich <b>WMS30</b> or PB&J Uncrustable or Soy Jamwich Tater Tots <b>18</b> 100% Veggie Juice Grapes <b>8</b> Milk

**ALLERGENS: W-Wheat, S-Soy, M-Milk, E-Egg, P-Peanuts, C-Citrus, F-Fish**

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