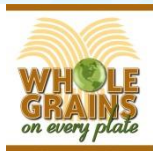


Lufkin ISD Elementary/Primary Schools



MEAL PRICING:

Student Breakfast	FREE
Adult/Visitor Breakfast Price	\$3.00
Milk Only	\$0.50
Soy or Lactose Free Milk	\$1.00

BREAKFAST Menu August 2022-May 2023

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Dutch Waffle WMES43 or Churro WMES 28 w/Yogurt Peaches 17 Juice Milk	Kolache WME16 or Concha Applesauce 14 (variety) Juice Milk	Mini Pancakes WMES35 (two flavors) w/syrup 30 Orange Wedges 21 Juice Milk	Cinnamon Roll WE37 or Biscuit WMS22 & Sausage w/jelly 9 Pineapple Tidbits 16 Juice Milk	Breakfast Pizza WMS26 Fresh Apple Slices 7 Juice Milk
2	Honey Bun WMES40 or French Toast Sticks WMES43 Pineapple Tidbits 16 Juice Milk	Cowgirl Bread WME29 or Pop Tarts WS75 (whole grain) Applesauce 14 (variety) Juice Milk	Mini Donuts WMES41 (whole grain) or Eggs ME & Toast WS14 Banana 27 Juice Milk	Yogurt Parfait MS (yogurt 16 granola 6) or Banana Split Juice Milk	Breakfast Pizza WMS26 Fresh Apple Slices 7 Juice Milk
3	Pancake on a Stick WMES19 or Chicken Biscuit WM35 w/ honey Mandarin Oranges 21 Juice Milk	Sausage & Pancake Sandwich WMES17 or Belgian Waffle WME33 Applesauce Juice Milk	Muffin WES30 & Cheese Stick M1 or Cinnamon-Filled Pretzel Stick Orange Wedges 21 Juice Milk	Donut Holes WMES20 or Biscuit WMS22 & Sausage w/jelly 9 Peaches 17 Juice Milk	Breakfast Pizza WMS26 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 10	Mar 6	Aug 15	Mar 20	Aug 22	Mar 27
Aug 29	Apr 3	Sept 5	Apr 10	Sept 12	Apr 17
Sept 19	Apr 24	Sept 26	May 1	Oct 3	May 8
Oct 10	May 15	Oct 17	May 22	Oct 24	
Oct 31		Nov 7		Nov 14	
Nov 28		Dec 5		Dec 12	
Jan 2		Jan 9		Jan 16	
Jan 23		Jan 30		Feb 6	
Feb 13		Feb 20		Feb 27	

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

Lufkin ISD Elementary/Primary Schools

GET YOUR DAY IN GEAR WITH A HEALTHY SCHOOL LUNCH

MEAL PRICING:

All Students	FREE
Adult/Visitor	\$4.50
Milk Only	\$0.50

LUNCH Menu

August 2022-May 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Chicken Rings WS12 or Macaroni & Cheese WME29 or PB&J Uncrustable WP64 or Soy Jamwich WMS55 Hot Roll WMES14 Broccoli w/cheese M6 Mixed Vegetables 8 100% Juice Fruit Slush 25 Milk	Pulled Pork BBQ Sandwich W29 or Mini Corn Dogs WES30 or Lunchable WMES40 Pinto Beans 22 French Fries 15 Applesauce 14 Milk	Crispos (chicken chili- W46 chicken & cheese WM40) or PB&J Uncrustable or Soy Jamwich Refried Beans 30 Corn 19 Orange Wedges 21 Cookie WMES 28 Milk	Orange Chicken WES25 or Chicken Nuggets WS13 or Lunchable Rice 40 Green Beans 4 Steamed Carrots 8 Pineapple Tidbits 16 Fortune Cookie WS4 Milk	Chicken Burger WM46 or Cheeseburger WMS30 or PB&J Uncrustable or Soy Jamwich Smiley Faced Potatoes 20 Fresh Baby Carrots 8 w/dip Apple Slices 7 Milk
2	Beef Ravioli WMS30 w/Breadstick WMS15 or Wild Mike's Cheesy Bites WMS28 or PB&J Uncrustable or Soy Jamwich Broccoli w/cheese M6 Marinara Dip Cup 8 100% Fruit Juice Slush 25 Milk	Beef Nachos M31 or Lunchable Salsa Dip Cup 2 Pinto Beans 22 Applesauce 14 Milk	Hot Pocket WMS32 or Spaghetti & Meatsauce W42 w/Breadstick WMS15 or PB&J Uncrustable or Soy Jamwich Cucumber Slices w/dip WE7 Corn 19 Banana 27 Cookie WMES28 Milk	Chicken Rings WS12 or Drumstick W5 or Lunchable Hot Roll WMES14 M. Potatoes M14 w/Country Gravy WMES3 Green Beans 4 Fruit Milk	Chicken Burger WM46 or Pepperoni Pizza WMS34 or PB&J Uncrustable or Soy Jamwich Fresh Baby Carrots w/dip WE7 Smiley Faced Potatoes 20 Apple Slices 7 Milk
3	Chicken WS13 & Waffles WMES30 or PB&J Uncrustable or Soy Jamwich Broccoli w/Cheese M6 Mashed Potatoes M14 w/Gravy WMES 3 Mandarin Oranges 21 Milk	Mini Calzones WMS40 or Garlic French Bread Pizza WMS29 or Lunchable Marinara Dip Cup 8 Green Beans 4 Applesauce 14 Milk	Walking Tacos MS32 or PB&J Uncrustable or Soy Jamwich Pinto Beans 22 Salsa Dip Cup 2 Orange Wedges 21 Cookie WMES28 Milk	Frito Pie M31 or Hot Dog W27 or Lunchable French Fries 15 Fresh Baby Carrots w/dip WE7 100% Fruit Juice Slush 25 Milk	Cheeseburger WMS30 or Grilled Cheese Sandwich WMS30 or PB&J Uncrustable or Soy Jamwich Tater Tots 18 100% Veggie Juice Grapes 8 Milk

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

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Aug 29	Apr 3	Sept 5	Apr 10	Sept 12	Apr 17
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Jan 2		Jan 9		Jan 16	
Jan 23		Jan 30		Feb 6	
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