



# LHS 21-22 MENU



**Meals are FREE for all Students!**

**Breakfast week 1: Aug 12, Aug 23, Sept 6, Sept 20, Oct 4, Oct 18, Nov 1, Nov 15, Dec 6, Jan 3, Jan 17, Jan 31, Feb 14, Feb 28, Mar 21, Apr 4, Apr 18, May 2, May 16**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Biscuit <b>WM29</b> & Sausage or Chocolate Mini Donuts <b>WMES41</b> Fruit, Juice, Milk	Breakfast Pizza <b>WMS26</b> or Powdered Mini Donuts <b>WMES41</b> , Fruit, Juice, Milk	Jalapeno & Cheese Kolache <b>WMES16</b> or Yogurt Parfait <b>MS41</b> , Fruit, Juice, Milk	Honey Glazed Donut Holes <b>WMES30</b> or Breakfast on a Croissant <b>WMS31</b> , Apple Slices <b>7</b> , Juice, Milk	French Toast Sticks <b>WMES57</b> or Chicken Biscuit <b>WMS32</b> , Grapes <b>8</b> , Juice, Milk

**Breakfast week 2: Aug 16, Aug 30, Sept 13, Sept 27, Oct 11, Oct 25, Nov 8, Nov 29, Dec 13, Jan 10, Jan 24, Feb 7, Feb 21, Mar 7, Mar 28, Apr 11, Apr 25, May 9, May 23**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Honey Glazed Donut Holes <b>WMES30</b> or Snack-N-Waffles <b>WME37</b> , Pineapple Tidbits, Juice, Milk	Breakfast Pizza <b>WMS26</b> or French Toast Sticks <b>WMES57</b> , Applesauce <b>22</b> , Juice, Milk	Egg, Bacon, & Toast- <b>WS28</b> or Cinnamon Toast Crunch Bar <b>WM40</b> , Mandarin Oranges <b>21</b> , Juice, Milk	Churros <b>WMES52</b> or Cowgirl Bread <b>WME29</b> , Fruit, Juice, Milk	Ham & Pepperjack Cheese Croissant <b>WMES26</b> or Muffin- <b>WES31</b> & Yogurt <b>M16</b> , Apple Slices <b>7</b> , Juice, Milk



## Snack Bar

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Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Spicy Chicken Sandwich <b>WM45</b> ⇒ Bacon Cheeseburger <b>WMS29</b> ⇒ Grilled Cheese Sandwich <b>WMS30</b> ⇒ Pizza, Variety	⇒ Hot Pocket <b>WMS32</b> ⇒ Wild Mike's Cheesy Bites <b>WMS42</b> ⇒ Garlic French Bread Pizza <b>WMS30</b> ⇒ Pizza, Variety	⇒ <u>Chicken &amp; Waffles</u> <b>WMES43</b> ⇒ Tenders <b>WM18</b> ⇒ Spicy Chicken Legs <b>W24</b> ⇒ Pizza, Variety	⇒ Boneless Wings <b>WS13</b> w/Hot Roll <b>WMS27</b> ⇒ Pizza, Variety	⇒ Steakfingers <b>W21</b> w/Hot Roll- <b>WMES27</b> ⇒ Chicken Rings <b>WMS14</b> w/Hot Roll <b>WMES27</b> ⇒ Crisпитos <b>W43</b> ⇒ Pizza, Variety

**WEEK 2—Aug 16, Aug 30, Sept 13, Sept 27, Oct 11, Oct 25, Nov 8, Nov 29, Dec 13, Jan 10, Jan 24, Feb 7, Feb 21, Mar 7, Mar 28, Apr 11, Apr 25, May 9, May 23**

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Chicken Sandwich <b>WM46</b> ⇒ Double Cheeseburger <b>WMS29</b> ⇒ Grilled Chicken Club Sandwich <b>WS29</b> ⇒ Pizza, Variety	⇒ Wild Mike's Cheesy Bites <b>WMS42</b> ⇒ Garlic French Bread Pizza <b>WMS30</b> ⇒ Mini Calzones <b>WMS40</b> ⇒ Pizza, Variety	⇒ Chicken Rings <b>WMS14</b> w/Hot Roll <b>WMS27</b> ⇒ Steakfingers <b>W21</b> w/Hot Roll <b>WMES27</b> ⇒ Pizza, Variety	⇒ Popcorn Chicken <b>WMS20</b> w/Hot Roll <b>WMES27</b> ⇒ Honey BBQ Rib Sandwich <b>WMS13</b> bun= <b>WS29</b> ⇒ Pizza, Variety	⇒ Boneless Wings <b>WS13</b> w/Hot Roll- <b>WMES27</b> ⇒ Pizza, Variety

**LHS Cafeteria Managers: Phone: 936-632-7699**

Nancy Bosco, nabosco@lufkinisd.org

Crystal Flores, caflores@lufkinisd.org

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

**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



# LHS Lunch Menus

**Students  
Eat FREE!**

**WEEK 1—Aug 12, Aug 23, Sept 6, Sept 20, Oct 4, Oct 18, Nov 1, Nov 15, Dec 6, Jan 3, Jan 17, Jan 31, Feb 14, Feb 28, Mar 21, Apr 4, Apr 18, May 2, May 16**

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	Tornados <b>WMS46</b> w/Cheese Sauce <b>M5</b> or Wild Mikes Jalapeno Cheesy Bites <b>WMS42</b> , Baked Scoops <b>19</b> , Taco Soup <b>36</b> , Salsa <b>2</b> , Fruit, Milk	Chicken Sandwich <b>WM46</b> or BBQ Pulled Pork Sandwich <b>WS46</b> , Tater Tots <b>18</b> , Corn <b>19</b> , Fruit, Milk	Spaghetti <b>W26</b> or Lasagna <b>WME45</b> , Breadstick <b>WMS15</b> , Romaine Salad, Green Beans <b>4</b> , Fruit, Cookie <b>WMES26</b> , Milk	Tangerine <b>WES25</b> , Honey Sriracha <b>WE24</b> , or Gen Tso's Chicken <b>WMES26</b> , Asian Rice <b>40</b> , Egg Roll <b>WMES20</b> , Asian Veggies <b>6</b> , Carrots <b>8</b> , Fortune Cookie <b>WS4</b>	Walking Tacos <b>MS37</b> : Beef or Pulled Pork, Ranchero Beans <b>22</b> , Lettuce Cup
Sandwich Line/Choices Vary Daily	Ham & Cheese Sub <b>WM29</b> , Ham & Cheese Wrap <b>Daily Sides</b> : Baked Chips, Romaine Salad, Bean Dip <b>20</b> , and Fruit, Milk	Bacon Club Sandwich <b>WM29</b> <b>Daily Sides</b> : Baked Chips, Baked Potato Soup, Lettuce, and Fruit, Milk	Grilled Chicken Wrap <b>Daily Sides</b> : Baked Chips, Lettuce, Salsa, and Fruit, Milk	Yogurt Parfait <b>M92</b> <b>Daily Sides</b> : Baked Chips, Romaine Salad, Baby Carrots, Milk	PB&J Uncrustable <b>WP64</b> or Lunchables <b>WMES40</b> <b>Daily Sides</b> : Baked Chips, Celery Sticks, Grape Tomatoes, Fruit, Milk

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	Popcorn Chicken Bowl <b>WMES56</b> w/ Hot Roll <b>WMES27</b> , Mashed Potatoes w/ Gravy, Corn, Fruit, Milk	Tamales <b>M36</b> or Enchiladas <b>M10</b> , Spanish Rice <b>26</b> , Refried Beans <b>30</b> , Chips <b>19</b> & Salsa <b>2</b> , Fruit, Milk	Walking Tacos <b>MS37</b> : Beef or Pulled Pork, Romaine Lettuce, Salsa, Fruit, Cookie, Milk	Chili Cheese Tots <b>M36</b> w/ Cornbread Muffin <b>WMES37</b> , or Frito Pie <b>M40</b> , Green Beans <b>4</b> , Carrots <b>8</b> , Fruit, Milk	Fajitas: Beef or Chicken <b>W28</b> , Ranchero Beans <b>22</b> , Onions & Peppers, Guacamole, Fruit, Milk
Sandwich Line/Choices Vary Daily	Ham & Cheese Sub, Ham & Cheese Wrap <b>Daily Sides</b> : Baked Chips, Romaine Salad, Bean Dip, and Fruit, Milk	Bacon Club Sandwich <b>Daily Sides</b> : Baked Chips, Baked Potato Soup, Lettuce, and Fruit, Milk	Grilled Chicken Wrap <b>Daily Sides</b> : Baked Chips, Lettuce, Salsa, and Fruit, Milk	Parfait <b>Daily Sides</b> : Baked Chips, Romaine Salad, Baby Carrots, Milk	PB&J Uncrustables or Lunchables <b>Daily Sides</b> : Baked Chips, Celery Sticks, Grape Tomatoes, Fruit, Milk

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Milk: white=12gms, choc=19gms, straw=18gms

Juice: orange=13gms, apple=14gms, grape=19gms

Soy Milk and Lactose Free Milk upon written request. For information, call 936-634-7054

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