



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 & Sausage or Chocolate Mini Donuts Fruit, Juice, Milk	Breakfast Pizza or Powdered Mini Donuts, Fruit, Juice, Milk	Jalapeno & Cheese Kolache or Yogurt Parfait, Fruit, Juice, Milk	Honey Glazed Donut Holes or Breakfast on a Croissant, Apple Slices, Juice, Milk	French Toast Sticks or Chicken Biscuit, Grapes, 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 or Snack-N-Waffles, Pineapple Tidbits, Juice, Milk	Breakfast Pizza or French Toast Sticks, Applesauce, Juice, Milk	Egg, Bacon, & Toast or Cinnamon Toast Crunch Bar, Mandarin Oranges, Juice, Milk	Churros or Cow-girl Bread, Fruit, Juice, Milk	Ham & Pepper-jack Cheese Croissant or Muffin & Yogurt, Apple Slices, Juice, Milk



Snack Bar

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

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Spicy Chicken Sandwich ⇒ Bacon Cheese-burger ⇒ Grilled Cheese Sandwich ⇒ Pizza, Variety	⇒ Hot Pocket ⇒ Wild Mike's Cheesy Bites ⇒ Garlic French Bread Pizza ⇒ Pizza, Variety	⇒ <u>Chicken & Waffles</u> ⇒ Tenders ⇒ Spicy Chicken Legs ⇒ Pizza, Variety	⇒ Boneless Wings w/Hot Roll ⇒ Pizza, Variety	⇒ Steakfingers w/Hot Roll ⇒ Chicken Ringsw/Hot Roll ⇒ Crisпитos ⇒ 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 ⇒ Double Cheese-burger ⇒ Grilled Chicken Club Sandwich ⇒ Pizza, Variety	⇒ Wild Mike's Cheesy Bites ⇒ Garlic French Bread Pizza ⇒ Mini Calzones ⇒ Pizza, Variety	⇒ Chicken Rings w/Hot Roll ⇒ Steakfingers w/Hot Roll ⇒ Pizza, Variety	⇒ Popcorn Chicken w/Hot Roll ⇒ Honey BBQ Rib Sandwich ⇒ Pizza, Variety	⇒ Boneless Wings w/Hot Roll ⇒ Pizza, Variety

LHS Cafeteria Managers: Phone: 936-632-7699

Nancy Bosco, nabosco@lufkinisd.org

Crystal Flores, caflores@lufkinisd.org



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 w/Cheese Sauce or Wild Mikes Jalapeno Cheesy Bites, Baked Scoops, Taco Soup, Salsa, Fruit, Milk	Chicken Sandwich or BBQ Pulled Pork Sandwich, Tator Tots, Corn, Fruit, Milk	Spaghetti or Lasagna, Breadstick, Romaine Salad, Green Beans, Fruit, Cookie, Milk	Tangerine, Honey Sriracha, or Gen Tso's Chicken, Asian Rice, Egg Roll, Asian Veggies, Carrots, Fortune Cookie	Walking Tacos: Beef or Pulled Pork, Ranchero Beans, Lettuce Cup
Sandwich Line/Choices Vary Daily	Ham & Cheese Sub, Ham & Cheese Wrap Daily Sides: Baked Chips, Romaine Salad, Bean Dip, and Fruit, Milk	Bacon Club Sandwich Daily Sides: Baked Chips, Baked Potato Soup, Lettuce, and Fruit, Milk	Grilled Chicken Wrap Daily Sides: Baked Chips, Lettuce, Salsa, and Fruit, Milk	Parfait Daily Sides: Baked Chips, Romaine Salad, Baby Carrots, Milk	PB&J Uncrustable or Lunchable Daily Sides: Baked Chips, Celery Sticks, Grape Tomatoes, Fruit, Milk

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

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

BEVERAGES

Water, 16 fl oz	\$1.00
Gatorade	\$1.00
Fruit 66	\$1.00
V8 Fusion	\$1.50
Switch	\$1.00
Naked Juice	\$2.00
Red Diamond Tea	\$1.00
Diet Soda	\$

SMART SNACKS

Cereal Bars & Pouches	\$0.50	ZeeZee's Bar	\$0.50
Pop Tarts-1 pk	\$0.50	Cheese Cubes/Sticks	\$0.50
Pudding Cup	\$0.50	Go-Gurt/Yogurt	\$0.50
Ice cream	\$1.00	Rice Krispy Treats	\$0.50
Chips, 1 oz or less	\$0.50	Jerky Stick	\$0.50
Chips, 1 oz or more	\$0.75	Jack Links Nuggets	\$1.50
Goldfish/Grahams	\$0.35	Fruit Snacks/Roll Ups	\$0.50
Cookies	\$0.50		

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

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