



LHS 22-23 MENU



Meals are FREE for all Students!

Breakfast week 1: Aug 10, Aug 22, Sept 5, Sept 19, Oct 3, Oct 17, Oct 31, Nov 14, Dec 5, Jan 2, Jan 16, Jan 30, Feb 13, Feb 27, Mar 20, Apr 3, Apr 17, May 1, May 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Biscuit WM29 & Sausage or Chocolate Mini Donuts WMES41 Fruit, Juice, Milk	Breakfast Pizza WMS26 or Powdered Mini Donuts WMES41 , Fruit, Juice, Milk	Jalapeno & Cheese Kolache WMES16 or Concha WME38 Fruit, Juice, Milk	Honey Glazed Donut Holes WMES30 or Breakfast on a Croissant WMS31 , Apple Slices 7 , Juice, Milk	French Toast Sticks WMES57 or Chicken Biscuit WMS32 , Grapes 8 , Juice, Milk

Breakfast week 2: Aug 15, Aug 29, Sept 12, Sept 26, Oct 10, Oct 24, Nov 7, Nov 28, Dec 12, Jan 9, Jan 23, Feb 6, Feb 20, Mar 6, Mar 27, Apr 10, Apr 24, May 8, May 22 (Mgr Choice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Honey Glazed Donut Holes WMES30 or Belgian Waffles WME34 , Pineapple Tidbits, Juice, Milk	Breakfast Pizza WMS26 or French Toast Sticks WMES57 , Applesauce 22 , Juice, Milk	Egg, Bacon, & Toast- WS28 or Cinnamon Toast Crunch Bar WM40 , Mandarin Oranges 21 , Juice, Milk	Churros WMES52 or Cowgirl Bread WME29 , Fruit, Juice, Milk	Cinnamon-Filled Pretzel Stick WM30 or Muffin WES31 & Yogurt M16 , Apple Slices 7 , Juice, Milk



Snack Bar

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WEEK 1- Aug 10, Aug 22, Sept 5, Sept 19, Oct 3, Oct 17, Oct 31, Nov 14, Dec 5, Jan 2, Jan 16, Jan 30, Feb 13, Feb 27, Mar 20, Apr 3, Apr 17, May 1, May 15

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Spicy Chicken Sandwich WM45 ⇒ Bacon Cheeseburger WMS29 ⇒ Spicy Grilled Cheese Sandwich WMS30	⇒ Hot Pocket WMS32 ⇒ Wild Mike's Cheesy Bites WMS42 ⇒ Garlic French Bread Pizza WMS30	⇒ <u>Chicken & Waffles</u> WMES43 ⇒ Tenders WM18 ⇒ Spicy Chicken Legs W24	⇒ BBQ Sandwich WS29 ⇒ Chicken Sandwich WM47	⇒ Hot Wings ⇒ Buffalo ⇒ BBQ ⇒ Nashville Hot

WEEK 2—Aug 15, Aug 29, Sept 12, Sept 26, Oct 10, Oct 24, Nov 7, Nov 28, Dec 12, Jan 9, Jan 23, Feb 6, Feb 20, Mar 6, Mar 27, Apr 10, Apr 24, May 8, May 22 (Mgr Choice)

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Chicken Sandwich WM46 ⇒ Chicken WM18 & Waffles WMES43	⇒ Wild Mike's Cheesy Bites WMS42 ⇒ Garlic French Bread Pizza WMS30 ⇒ Mini Calzones WMS40	⇒ Boneless Wings w/ hot roll WMES27 ⇒ Honey BBQ Rib Sandwich WMS39	⇒ Crisпитos W43 (chicken chili or chicken & cheese)	⇒ Hot Wings ⇒ Buffalo ⇒ BBQ ⇒ Nashville Hot

LHS Cafeteria Managers: Phone: 936-632-7699

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

Nancy Bosco, nabosco@lufkinisd.org

Crystal Flores, caflores@lufkinisd.org

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 10, Aug 22, Sept 5, Sept 19, Oct 3, Oct 17, Oct 31, Nov 14, Dec 5, Jan 2, Jan 16, Jan 30, Feb 13, Feb 27, Mar 20, Apr 3, Apr 17, May 1, May 15

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	Tornados WMS46 w/Cheese Sauce M5 or Wild Mikes Jalapeno Cheesy Bites WMS42 , Baked Scoops 19 , Taco Soup 36 , Salsa 2 , Fruit, Milk	Tangerine WES25 , Honey Sriracha WE24 , or Gen Tso's Chicken- WMES26 , Asian Rice 40 , Egg Roll- WMES20 , Asian Veggies 6 , Carrots 8 , Fortune Cookie WS4	Chicken Alfredo or Lasagna WME45 , Breadstick WMS15 , Romaine Salad, Green Beans 4 , Fruit, Cookie WMES26 , Milk	Baked Potato 35 : BBQ Pulled Pork S or Taco Meat, Hot Roll WMES27 , Ranchero Beans 22 , Fruit, Milk	Hot Wings: Buffalo, BBQ, or Nashville Hot, Hot Roll WMES27 French Fries 15 Celery & Carrot Sticks w/ ranch, Fruit, Milk

WEEK 2—Aug 15, Aug 29, Sept 12, Sept 26, Oct 10, Oct 24, Nov 7, Nov 28, Dec 12, Jan 9, Jan 23, Feb 6, Feb 20, Mar 6, Mar 27, Apr 10, Apr 24, May 8, May 22 (Mgr Choice)

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	Chicken WM18 & Waffles WMES43 , Spicy or Plain, Onion Rings WMS56 , Tater Tots 16 , Fruit, Milk	Tamales M36 or Enchiladas M10 , Spanish Rice 26 , Refried Beans 30 , Chips 19 & Salsa 2 , Fruit, Milk	Walking Tacos MS37 : Beef or Pulled Pork, Romaine Lettuce, Salsa, Fruit, Cookie, Milk	Frito Pie M40 or Mini Corn Dogs WES30 w/chili & cheese M5 , Green Beans 4 , Carrots 8 , Fruit, Milk	Hot Wings: Buffalo, BBQ, or Nashville Hot, Hot Roll WMES27 French Fries 15 Celery & Carrot Sticks w/ ranch, Fruit, Milk

Pizza and Deli Line Weekly Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza & Deli Line/ Choices Vary Daily	Ham & Cheese Sub- WM29 , Verde Chicken Wrap W39 Pizza: Pepperoni WMS34 , Cheese WMS35 , Four Meat WMS36 , Buffalo WMS35 Daily Sides: Baked Chips, Bean Dip, Salsa or Marinara, Fruit, Milk	Chicken Pizza Wrap WM39 Pizza: Pepperoni, Cheese, Four Meat, Calzone Daily Sides: Marinara, Green Beans, Fruit, Milk	Grilled Chicken Wrap WM39 Pizza: Pepperoni, Cheese, Four Meat, Buffalo Daily Sides: Romaine Salad, Baked Potato Soup, Fruit, Milk	Parfait M92 or Wrap Pizza: Pepperoni, Cheese, Four Meat, Buffalo Daily Sides: Romaine Salad, Baby Carrots, Milk	Sandwich or Wrap (variety) Pizza: Pepperoni, Cheese, Four Meat, Buffalo Daily Sides: Celery Sticks, Grape Tomatoes, Fruit, Milk

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

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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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