



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 & Sausage or Chocolate Mini Donuts Fruit, Juice, Milk	Breakfast Pizza or Powdered Mini Donuts, Fruit, Juice, Milk	Jalapeno & Cheese Kolache or Concha, 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 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 or Belgian 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	Cinnamon-Filled Pretzel Stick or Muffin & Yogurt, Apple Slices, Juice, Milk



Snack Bar

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

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Spicy Chicken Sandwich ⇒ Bacon Cheese-burger ⇒ Spicy Grilled Cheese Sandwich	⇒ Hot Pocket ⇒ Wild Mike's Cheesy Bites ⇒ Garlic French Bread Pizza	⇒ <u>Chicken & Waffles</u> ⇒ Tenders, spicy or plain	⇒ BBQ Sandwich ⇒ Chicken Sandwich	⇒ Hot Wings: Buffalo, BBQ, or 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 ⇒ Chicken & Waffles (plain or spicy)	⇒ Wild Mike's Cheesy Bites ⇒ Garlic French Bread Pizza ⇒ Mini Calzones	⇒ Boneless Wings w/hot roll ⇒ Honey BBQ Rib Sandwich	⇒ Crisritos: (chicken chili or chicken & cheese)	⇒ Hot Wings: Buffalo, BBQ, or Nashville Hot

LHS Cafeteria Managers: Phone: 936-632-7699

Nancy Bosco, nabosco@lufkinisd.org

Crystal Flores, caflores@lufkinisd.org



LHS Lunch Menus

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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 w/Cheese Sauce or Wild Mikes Cheesy Bites, Baked Scoops, Taco Soup, Salsa, Fruit, Milk	Tangerine, Honey Sriracha, or Gen Tso's Chicken, Asian Rice, Eggroll, Asian Veggies, Carrots, Fruit, Fortune Cookie, Milk	Chicken Alfredo or Lasagna, Breadstick, Romaine Salad, Green Beans, Fruit, Cookie, Milk	Baked Potato: BBQ Pulled Pork or Taco Meat Hot Roll, Rancho Beans, Fruit, Milk	Hot Wings: Buffalo, BBQ, or Nashville Hot, Hot Roll French Fries 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 & Waffles, Spicy or Plain, Onion Rings, Tater Tots, 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	Frito Pie or Mini Corn Dogs w/chili & cheese Green Beans, Fresh Baby Carrots w/ranch, Fruit, Milk	Hot Wings: Buffalo, BBQ, or Nashville Hot, Hot Roll, Fries, Celery & Baby Carrots w/ranch, Fruit, Milk

Pizza and Deli Line Weekly Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza & Deli Line/Choices Vary Daily	Ham & Cheese Sub, Verde Chicken Wrap Pizza: Pepperoni, Cheese, Four Meat, Buffalo Daily Sides: Baked Chips, Bean Dip, Salsa or Marinara, Fruit, Milk	Chicken Pizza Wrap Pizza: Pepperoni, Cheese, Four Meat, Calzone Daily Sides: Marinara, Green Beans, Fruit, Milk	Grilled Chicken Wrap Pizza: Pepperoni, Cheese, Four Meat, Buffalo Daily Sides: Romaine Salad, Baked Potato Soup, Fruit, Milk	Parfait 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

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.