



LHS 23-24 MENU



Meals are FREE for all Students!

Breakfast week 1: Aug 7, Aug 21, Sept 4, Sept 18, Oct 2, Oct 23, Nov 6, Nov 27, Dec 11, Jan 8, Jan 22, Feb 5, Feb 19, Mar 4, Mar 25, Apr 8, Apr 22, May 6, May 20

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 Cinnamon Swirl WES41 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 14, Aug 28, Sept 11, Sept 25, Oct 16, Oct 30, Nov 13, Dec 4, Jan 1, Jan 15, Jan 29, Feb 12, Feb 26, Mar 18, Apr 1, Apr 15, Apr 29, May 13

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	Pancake on a Stick WMES19 or Cowgirl Bread WME29 , Fruit, Juice, Milk	Apple Cinnamon French Toast WMS49 or Muffin WES31 & Yogurt M16 , Apple Slices 7 , Juice, Milk



Snack Bar

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Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Spicy Chicken Sandwich WM45 ⇒ Bacon Cheeseburger WMSm29 ⇒ BBQ Pulled Pork Sandwich WS29 Tater Tots 16 , Onion Rings WMS56 , Fruit, Juice, Milk	⇒ Hot Pocket WMS32 ⇒ Wild Mike's Cheesy Bites WMS42 ⇒ Garlic French Bread Pizza WMS30 Marinara 8 , Green Beans 4 , Fruit, Juice, Milk	⇒ <u>Chicken & Waffles</u> WMES43 ⇒ Tenders WM18 ⇒ Spicy Chicken Legs W24 Mashed potatoes M14 w/ gravy WMES3 , Broccoli 2.5 , Fruit, Juice, Milk	⇒ Chicken Sandwich, spicy WM46 ⇒ Chicken Sandwich, plain WM41 Tater Tots 16 , Ranchero Beans 22 , Fruit, Juice, Milk	⇒ Hot Wings ⇒ Buffalo ⇒ BBQ ⇒ Nashville Hot Hot Roll WMES27 , Fries 15 , Carrot & Celery, Fruit, Juice, Milk

WEEK 2—Aug 14, Aug 28, Sept 11, Sept 25, Oct 16, Oct 30, Nov 13, Dec 4, Jan 1, Jan 15, Jan 29, Feb 12, Feb 26, Mar 18, Apr 1, Apr 15, Apr 29, May 13

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Chicken Sandwich WM46 ⇒ Chicken WM18 & Waffles WMES43 Tater Tots 16 , Onion Rings WMS56 , Fruit, Juice, Milk	⇒ Wild Mike's Cheesy Bites WMS42 ⇒ Garlic French Bread Pizza WMS30 ⇒ Mini Calzones WMS40 Marinara, Green Beans, Fruit, Juice, Milk	⇒ Boneless Wings w/ hot roll WMES27 ⇒ Spicy Chicken Leg w/Hot Roll Ranchero beans 22 , Baby Carrots 8 , Fruit, Juice, Milk	⇒ Crisпитos W43 (chicken chili or chicken & cheese) ⇒ Spicy Colorado Burrito WM41 Jalapeno Roasted Corn 22 , Romaine Salad, Fruit, Juice, Milk	⇒ Hot Wings ⇒ Buffalo ⇒ BBQ ⇒ Nashville Hot Hot Roll WMES27 , Fries 15 , Carrot & Celery, Fruit, Juice, Milk

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

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

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



LHS Lunch Menus

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WEEK 1—Aug 7, Aug 21, Sept 4, Sept 18, Oct 2, Oct 23, Nov 6, Nov 27, Dec 11, Jan 8, Jan 22, Feb 5, Feb 19, Mar 4, Mar 25, Apr 8, Apr 22, May 6, May 20

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	Crispitos W43 or Bean & Cheese Pupusa M35 , Baked Scoops 19 , Taco Soup 36 , Salsa 2 , Fruit, Milk	Tangerine WES25 , Honey Sriracha WE24 , or Gen Tso's Chicken- WMES26 , Asian Rice 40 , Dumplings WS16 , Asian Veg-gies 6 , Carrots 8 , Fruit, Fortune Cookie WS4 , Milk	Beef Picadillo 6 w/ Tortilla 15 , Chicken Tinga 4 w/ Tostadas 44 , Cilantro Lime Rice 27 , Ro-maine Salad, Roasted Jalapeno Corn 17 , Fruit, Cookie WMES26 , Milk	Baked Potato 35 : BBQ Pulled Pork S or Taco Meat, Hot Roll WMES27 , Ran- chero 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 14, Aug 28, Sept 11, Sept 25, Oct 16, Oct 30, Nov 13, Dec 4, Jan 1, Jan 15, Jan 29, Feb 12, Feb 26, Mar 18, Apr 1, Apr 15, Apr 29, May 13

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	Chicken WM18 & Waf- fles WMES43 , Spicy or Plain, Onion Ring- s WMS56 , Tater Tots 16 , Fruit, Milk	Tamales M36 or En- chiladas M10 , Span- ish Rice 26 , Refried Beans 30 , Chips 19 & Salsa 2 , Fruit, Milk	Walking Ta- cos MS37 : Beef or Pulled Pork, Ro- maine Lettuce, Sal- sa , 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 Nash- ville Hot, Hot Roll WMES27 French Fries 15 Celery & Carrot Sticks w/ ranch, Fruit, Milk

Pizza and Deli Line Weekly Cycle Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza & Deli Line/ Choices Vary Daily	Ham & Cheese Sub- WM29 , Verde Chick- en Wrap W39 Pizza: Pepperoni WMS34 , Cheese WMS35 , Four Meat WMS36 , Buffalo WMS35 Daily Sides: Baked Chips , Bean Dip, Salsa or Marinara,	Chicken Pizza Wrap WM39 Pizza: Pepperoni, Cheese, Four Meat, Calzone Daily Sides: Mari- nara, Green Beans, Fruit, Milk	Grilled Chicken Wrap WM39 Pizza: Pepperoni, Cheese, Four Meat, Buffalo Daily Sides: Ro- maine Salad, Baked Potato Soup WMS18 , Fruit, Milk	Parfait M92 or Wrap Pizza: Pepperoni, Cheese, Four Meat, Buffalo Daily Sides: Ro- maine Salad, Baby Carrots, Milk	Sandwich or Wrap (variety) Pizza: Pepperoni, Cheese, Four Meat, Buf- falo 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

LHS Cafeteria Manager: Crystal Flores, caflores@lufkinisd.org Phone: 936-632-7699

Assistant Manager: Elisa Acevedo, eacevedo@lufkinisd.org

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

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