



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 & Sausage or Chocolate Mini Donuts Fruit, Juice, Milk	Breakfast Pizza or Powdered Mini Donuts, Fruit, Juice, Milk	Jalapeno & Cheese Kolache or, Cinnamon Swirl, 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 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 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	Pancake on a Stick or Cowgirl Bread, Fruit, Juice, Milk	Apple Cinnamon French Toast or Muffin & Yogurt, Apple Slices, Juice, Milk



Snack Bar

Students Eat FREE!

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
⇒ Spicy Chicken Sandwich ⇒ Bacon Cheeseburger ⇒ BBQ Pulled Pork Sandwich Tater Tots, Onion Rings, Fruit, Juice, Milk	⇒ Hot Pocket ⇒ Wild Mike's Cheesy Bites ⇒ Garlic French Bread Pizza Marinara, Green Beans, Fruit, Juice, Milk	⇒ <u>Chicken & Waffles</u> ⇒ Tenders, spicy or plain Mashed potatoes w/ gravy, Broccoli, Fruit, Juice, Milk	⇒ Chicken Sandwich, spicy or plain Tater Tots, Ranchero Beans, Fruit, Juice, Milk	⇒ Hot Wings: Buffalo, BBQ, or Nashville Hot Fries, 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 ⇒ Chicken & Waffles (plain or spicy) Tater Tots, Onion Rings, Fruit, Juice, Milk	⇒ Wild Mike's Cheesy Bites ⇒ Garlic French Bread Pizza ⇒ Mini Calzones Marinara, Green Beans, Fruit, Juice, Milk	⇒ Boneless Wings w/hot roll ⇒ Spicy Chicken Legs w/hot roll Ranchero beans, Baby Carrots, Fruit, Juice, Milk	⇒ Crisпитos: (chicken chili or chicken & cheese) ⇒ Spicy Colorado Burrito Jalapeno Roasted Corn, Romaine Salad, Fruit, Juice, Milk	⇒ Hot Wings: Buffalo, BBQ, or Nashville Hot Fries, Carrots & Celery, Fruit, Juice, Milk



LHS Lunch Menus

**Students
Eat FREE!**

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 or Bean & Cheese Pupusa, Baked Scoops, Taco Soup, Salsa, Fruit, Milk	Tangerine, Honey Sriracha, or Gen Tso's Chicken, Asian Rice/ Noodles, Dumplings, Asian Veggies, Carrots, Fruit, Fortune Cookie, Milk	Beef Picadillo w/ Tortilla, Chicken Tinga w/ Tostadas Cilantro Lime Rice Romaine Salad, Roasted Jalapeno Corn, 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 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 & 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	Chicken Pizza Wrap Pizza: Pepperoni, Cheese, Four Meat, Wild Mike's Cheesy Breadstick	Grilled Chicken Wrap Pizza: Pepperoni, Cheese, Four Meat, Buffalo	Parfait or Wrap Pizza: Pepperoni, Cheese, Four Meat, Buffalo	Sandwich or Wrap (variety) Pizza: Pepperoni, Cheese, Four Meat, Buffalo
	Daily Sides: Baked Chips, Bean Dip, Salsa or Marinara, Fruit, Milk	Daily Sides: Marinara, Green Beans, Fruit, Milk	Daily Sides: Romaine Salad, Baked Potato Soup, Fruit, Milk	Daily Sides: Romaine Salad, Baby Carrots, Milk	Daily Sides: Celery Sticks, Grape Tomatoes, Fruit, Milk

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

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