



LHS 24-25 MENU



Meals are FREE for all Students!

Breakfast week 1: Aug 7, Aug 19, Sept 2, Sept 16, Sept 30, Oct 21, Nov 4, Nov 18, Dec 9, Jan 6, Jan 20, Feb 3, Feb 17, Mar 3, Mar 24, Apr 7, Apr 21, May 5, May 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Biscuit (Plain WMES22 or Jalapeno & Cheese WM29) & Sausage or Chocolate Mini Donuts WMES41 Fruit, Juice, Milk	Breakfast Pizza WMS26 or Powdered Mini Donuts WMES41 , Fruit, Juice, Milk	Jalapeno & Cheese Kolaches WMES32 or Coffee Cake Cin-WMES48 Mocha-WMES37 , Fruit, Juice, Milk	Donut Holes: Honey Glazed WMES32 or Chocolate WMES58 or Breakfast on a Croissant, Fruit, Juice, Milk	French Toast Sticks WMES57 or Chicken Biscuit WMS32 w/honey, Fruit, Juice, Milk

Breakfast week 2: Aug 12, Aug 26, Sept 9, Sept 23, Oct 14, Oct 28, Nov 11, Dec 2, Dec 16, Jan 13, Jan 27, Feb 10, Feb 24, Mar 17, Mar 31, Apr 14, Apr 28, May 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Honey Glazed Donut Holes WME30 or Breakfast Tacos WMS34 , Fruit, Juice, Milk	Breakfast Pizza WMS26 or French Toast Sticks WMES57 , Fruit, Juice, Milk	EggE, Bacon, & Toast WS28 or Cinnamon Toast Crunch Bar WM40 , Fruit, Juice, Milk	Pancake on a Stick WMES19 or Cowgirl Bread WME29 , Fruit, Juice, Milk	Cereal Topped Glazed Donut WMES30 or Muffin WES31 & Yogurt M16 , Fruit, Juice, Milk

Variety of cereal, pop tarts, muffins, and pastries offered daily.



Snack Bar

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Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Spicy Chicken Sandwich WMSm41 ⇒ Bacon Cheeseburger WMSm29 ⇒ BBQ Pulled Pork Sandwich WSSm46 Tater Tots 16 , Burger Salad, 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, spicy WM18 or plain WM14 Mashed potatoes M14 w/ gravy WMES3 , Broccoli 2 , Fruit, Juice, Milk	⇒ Chicken Sandwich ◇ Spicy WMSm46 ◇ Plain WMSm41 ◇ Nashville Hot WMSm41 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 12, Aug 26, Sept 9, Sept 23, Oct 14, Oct 28, Nov 11, Dec 2, Dec 16, Jan 13, Jan 27, Feb 10, Feb 24, Mar 17, Mar 31, Apr 14, Apr 28, May 12

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Chicken Sandwich WMSm46 ⇒ Chicken & Waffles WMES43 (spicy WM18 or plain WM14) Tater Tots 16 , Onion Rings WMS56 , Fruit, Juice, Milk	⇒ Wild Mike's Cheesy Bites WMS42 ⇒ Garlic French Bread Pizza WMS30 ⇒ Mac-n-Cheese Bites WMS40 Marinara 8 , Green Beans 4 , Fruit, Juice, Milk	⇒ Boneless Wings WM20 w/hot roll WMES27 ⇒ Chicken Legs W24 w/hot roll WMES27 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, or Nashville Hot Hot Roll WMES27 , Fries 15 , Carrots & 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=13gms, choc=19gms, straw=19gms

Juice: orange=14gms, apple=15gms

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



LHS 24-25 Lunch Menus

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Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	Crispitos W43 or Crispy Tacos MS24 , Spanish Rice 26 , Jalapeno Roasted Corn 17 , Salsa 2 , Fruit, Milk	Tangerine WES25 , Honey Sriracha WE24 , or Gen Tso's Chicken WMES26 , Asian Rice 6/ Noodles, Dumplings WS16 , Asian Veggies 6 , Carrots 8 , Fruit, Fortune Cookie WS4 , Milk	Chicken & Waffles WMES43 , Tenders WM18 , spicy or plain, Mashed potatoes M14 w/gravy WMES3 , Broccoli, Fruit, Juice, Milk	Baked Potato 35 : BBQ Pulled Pork S or Taco Meat Hot Roll WMES27 , Ranchero Beans 22 , Fresh Baby Carrots 8 , Fruit, Milk	Hot Wings: Buffalo, BBQ, or Nashville Hot, Hot Roll WMES27 French Fries 15 Celery & Carrot Sticks w/ranch ME1 , Fruit, Milk

WEEK 2—Aug 12, Aug 26, Sept 9, Sept 23, Oct 14, Oct 28, Nov 11, Dec 2, Dec 16, Jan 13, Jan 27, Feb 10, Feb 24, Mar 17, Mar 31, Apr 14, Apr 28, May 12

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 S44 , Enchiladas M10 , Spanish Rice 26 , Refried Beans 30 , Chips 19 & Salsa 2 , Fruit, Milk	Walking Tacos: Beef M37 or Chicken Tinga MS37 , Ro-maine Lettuce, Salsa, Fruit, Cookie WMES26 , Milk	Frito Pie M40 or Mini Corn Dogs WES30 w/ chili & cheese M5 , Green Beans 4 , Fresh Baby Carrots w/ranch, Fruit, Milk	Hot Wings: Buffalo, BBQ, or Nashville Hot, Hot Roll WMES27 , Fries 15 , Celery & Baby Carrots w/ranch ME1 , Fruit, Milk

Pizza and Deli Items offered daily on Main Lines

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza & Deli Choices Vary Daily	Ham & Cheese Sub WM29 , Verde Chicken Wrap W39 Pizza: Pepperoni WMS34 , Cheese WMS35 , Four Meat WMS36 , Buffalo WMS35 , Mexican Pizza WMS43 <i>Sides are listed on menu above.</i>	Chicken Pizza Wrap WM39 Pizza: Pepperoni, Cheese, Four Meat, Mexican Pizza <i>Sides are listed on menu above</i>	Grilled Chicken Wrap WM29 or Grilled Chicken Caesar Wrap WM29 Pizza: Pepperoni, Cheese, Four Meat, Buffalo, Mexican Pizza <i>Sides are listed on menu above</i>	Parfait M92 or Wrap Pizza: Pepperoni, Cheese, Four Meat, Buffalo, Mexican Pizza <i>Sides are listed on menu above</i>	Sandwich or Wrap (variety) Pizza: Pepperoni, Cheese, Four Meat, Buffalo, Mexican Pizza <i>Sides are listed on menu above</i>

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

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Milk: white=13gms, choc=19gms, straw=19gms

Juice: orange=14gms, apple=15gms

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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