



Lufkin Middle School 25-26 Menu



Meals are FREE for all Students!

Week 1: Aug 4, Aug 25, Sept 15, Oct 13, Nov 3, Dec 1, Jan 5, Jan 26, Feb 16, Mar 16, Apr 6, Apr 27, May 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Biscuit WMES23 & Sausage or Mini Donuts: Chocolate WMES41 or Powdered Sugar Fruit Juice Milk	Breakfast Pizza WMS26 or Cowgirl Bread WME29 Fruit Juice Milk	Breakfast on a Bun WMES29 or Yogurt Parfait M16 (granola S19) Fruit Juice Milk	Donut Holes: Glazed WMES30 or Double Chocolate WMES58 or Dutch Waffle WMES43 Fruit Juice Milk	Muffin WES31 & Cheese Stick M or French Toast Sticks WMES57 Fruit Juice Milk

Week 2: Aug 11, Sept 1, Sept 22, Oct 20, Nov 10, Dec 8, Jan 12, Feb 2 Feb 23, Mar 23, Apr 13, May 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kolache WMES17 or Mini Pancakes: Variety of Flavors WMES35 Fruit Juice Milk	Dunkin' Sticks WMES48 or Breakfast Pizza WMS26 Fruit Juice Milk	Donut Holes: Glazed WMES30 or Double Chocolate WMES58 or Eggs E , Bacon, & Toast WS28 Fruit Juice Milk	French Toast Sticks WMES57 or Banana Split M60 granola S25 Fruit Juice Milk	Yogurt M16 & Muffin WES31 or Honey Bun WMES40 Fruit Juice, Milk

Week 3: Aug 18, Sept 8, Sept 29, Oct 27, Nov 17, Dec 15, Jan 19, Feb 9, Mar 2, Mar 30, Apr 20, May 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal-Topped Donut WMES30 or Mini French Toast WMES36 Fruit Juice Milk	Breakfast Pizza WMS26 or Cinna-Minis: Cinnamon WM35 or Caramel WM35 Fruit Juice Milk	Biscuit WMES23 w/Sausage, Egg E , & Cheese M Or Biscuit WMES23 & Gravy WMES3 Fruit Juice Milk	Cinnamon Roll WMES36 Pancake & Sausage on a Stick WMES19 Fruit Juice Milk	Mini Donuts: Chocolate WMES41 or Powdered Sugar Fruit Juice, Milk

Variety of Cereal, PopTarts, Yogurt & Cereal Bars offered daily.

Menu may change subject to availability.

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=11gms, choc=18gms, straw=22gms Juice: orange/citrus=14gms, apple=14gms, apple cherry=14gms

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



LMS 25-26 Lunch Menu

**Students
Eat FREE!**

Week 1: Aug 4, Aug 25, Sept 15, Oct 13, Nov 3, Dec 1, Jan 5, Jan 26, Feb 16, Mar 16, Apr 6, Apr 27, May 18

Variety of Pizza and Sandwiches offered daily.

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Line	<ul style="list-style-type: none"> Spicy Chicken Sandwich WMSm41 Cheeseburger WMSm29 Chicken Nuggets WS13 w/Hot Roll WMES27 Tater Tots 18, Onion Rings WMS56, Fruit, Milk 	<ul style="list-style-type: none"> Wild Mike's Cheesy Bites WMS42 Spaghetti W26 w/breadstick WMS15 Pizza Crunchers WM63 Marinara Sauce Dip Cup 8, Green Beans 4, Fruit, Milk 	<ul style="list-style-type: none"> Walking Tacos M32 Romaine Salad, Salsa 2, Fruit, Milk, Cookie WMES26 	<ul style="list-style-type: none"> Chicken Leg W6 w/Hot Roll WMES27 Cheeseburger WMSm29 Boneless Wings: plain WM16 w/hot roll WMES27 Ranchero Beans 22, Tater Tots 18, Fruit, Milk 	<ul style="list-style-type: none"> Hot Wings: Buffalo BBQ Nashville Hot Hot Roll WMES27, Celery & Carrots w/ranch ME1, French Fries 15, Fruit, Milk

Week 2: Aug 11, Sept 1, Sept 22, Oct 20, Nov 10, Dec 8, Jan 12, Feb 2 Feb 23, Mar 23, Apr 13, May 4

Variety of Pizza and Sandwiches offered daily.

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	<ul style="list-style-type: none"> Chicken Fried Steak Sandwich WSSm45 Chicken Sandwich WMSm41 Pulled Pork Sandwich WSSm46 French Fries 15, Onion Rings WMS56, Fruit, Milk 	<ul style="list-style-type: none"> Chicken WM18 & Waffles WMES43 Spicy Plain Mashed Potatoes M14 w/gravy WMES3, Fresh Baby Carrots 8 w/dip ME1, Fruit, Milk 	<ul style="list-style-type: none"> Asian Chicken WESC23 Chicken Nuggets WS13 Noodles, Asian Veggies 6, Steamed Carrots 8, Fruit, Milk, Cookie WMES26 	<ul style="list-style-type: none"> Walking Tacos M32 Romaine Salad, Ranchero Beans 22, Fruit, Milk 	<ul style="list-style-type: none"> Hot Wings: Buffalo BBQ Nashville Hot Hot Roll WMES27, Celery & Carrots w/ranch ME1, French Fries 15, Fruit, Milk

Week 3: Aug 18, Sept 8, Sept 29, Oct 27, Nov 17, Dec 15, Jan 19, Feb 9, Mar 2, Mar 30, Apr 20, May 11

Variety of Pizza and Sandwiches offered daily.

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	<ul style="list-style-type: none"> Cheese Enchiladas M17 Crispitos W46 Spicy Colorado Burrito WM41 Spanish Rice 26, Refried Beans 30, Salsa 2, Fruit, Milk 	<ul style="list-style-type: none"> Lasagna WME25 w/breadstick WMS15 Garlic French Bread Pizza WMS29 Chicken Pizza Wrap WM39 Green Beans 4, Steamed Broccoli w/cheese M, Fruit, Milk 	<ul style="list-style-type: none"> Chili Dog W24 (Cheese M) Frito Pie M40 Chicken Tenders WM18 w/hot roll WMES27 Fresh Baby Carrots w/dip ME1, Tater Tots 18, Fruit, Milk, Cookie WMES26 	<ul style="list-style-type: none"> Steak Nuggets, plain W46 Steak Nuggets, spicy WMS43 Chicken Nuggets MS24 Hot Roll WMES27, Corn 22, Mashed Potatoes w/Gravy, Fruit, Milk 	<ul style="list-style-type: none"> Hot Wings: Buffalo BBQ Nashville Hot Hot Roll WMES27, Celery & Carrots w/ranch ME1, French Fries 15, Fruit, 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
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