



Lufkin Middle School 21-22 Menu



Breakfast is FREE for all Students!

Aug 12, Aug 23, Sept 6, Sept 20, Oct 4, Oct 18, Nov 1, Nov 15, Dec 6, Jan 3, Jan 17, Jan 31, Feb 14, Feb 28, Mar 21, Apr 4, Apr 18, May 2, May 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Biscuit WM29 & Sausage Tamales M36 Chocolate Mini Donuts WMES41 Assorted Fruit Juice Milk	Breakfast Pizza WMS26 Cowgirl Bread WME29 Powdered Sugar Mini Donuts WMES41 Pineapple Tidbits 16 Juice Milk	Breakfast on a Bun WMES29 Pancake Sandwich (Cinnamon or Blueberry) WMES35 Yogurt M16 Parfait granola S25 Orange Wedges 21 Juice Milk	Honey Glazed Donut Holes WMES30 Egg, Sausage, & Cheese Croissant- WMS31 Dutch Waffle WMES43 Banana 27 Juice Milk	Muffin WES31 & Cheese Stick M French Toast Sticks WMES57 Chicken Biscuit WMS32 Mandarin Oranges 21 Juice Milk

Aug 16, Aug 30, Sept 13, Sept 27, Oct 11, Oct 25, Nov 8, Nov 29, Dec 13, Jan 10, Jan 24, Feb 7, Feb 21, Mar 7, Mar 28, Apr 11, Apr 25, May 9, May 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack-N-Waffles WME37 Honey Glazed Donut Holes WMES30 Chocolate Mini Donuts WMES41 Assorted Fruit Juice Milk	Dunkin' Sticks Breakfast Pizza WMS25 Fruit Juice Milk	Churros WMES52 Eggs, Bacon, & Toast WS28 Orange Wedges 21 , or Watermelon 6 (in season) Juice Milk	French Toast Sticks WMES57 Pancake & Sausage on a Stick WMES19 Dutch Waffle WMES43 Fruit Juice Milk	Yogurt M16 & Muffin WES31 Chicken Biscuit WMS32 Cinnamon Roll WMES36 Mandarin Oranges 21 Juice, Milk



Snack Bar

Students Eat FREE!

WEEK 1- Aug 12, Aug 23, Sept 6, Sept 20, Oct 4, Oct 18, Nov 1, Nov 15, Dec 6, Jan 3, Jan 17, Jan 31, Feb 14, Feb 28, Mar 21, Apr 4, Apr 18, May 2, May 16

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Spicy Chicken Sandwich WM45 ⇒ Bacon Cheeseburger WMS29 Tater Tots 18 , Burger Salad, Pineapple Tidbits 16 , Variety of Milk	⇒ Hot Pocket WMS32 ⇒ Wild Mike's Cheesy Bites WMS42 Marinara Dip cup8 , Green Beans 4 Applesauce 22 , Variety of Milk	⇒ Chicken WM18 & Waffles WMES43 Romaine Salad, Crinkle Cut Fries 15 , Orange Slices 21 , Variety of Milk	⇒ Chicken Nuggets WS13 w/Hot Roll WMS27 ⇒ Chili Dog W27 (cheese MS) Pinto Beans 22 , Tater Tots 18 , 100% Fruit Juice Slush 25 , Variety of Milk	⇒ Walking Tacos MS32 Romaine Lettuce, Salsa 2 , Mandarin Oranges 21 , Variety of Milk

WEEK 2—Aug 16, Aug 30, Sept 13, Sept 27, Oct 11, Oct 25, Nov 8, Nov 29, Dec 13, Jan 10, Jan 24, Feb 7, Feb 21, Mar 7, Mar 28, Apr 11, Apr 25, May 9, May 23

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Spicy Chicken Sandwich WM45 ⇒ Chicken Fried Steak Sandwich WS45 French Fries 15 , Burger Salad, Applesauce 22 , Variety of Milk	⇒ Bacon Cheeseburger WMS29 , ⇒ BBQ Pulled Pork Sandwich WS46 Potato Wedges 20 , Green Beans 4 , Fruit Cup, Variety of Milk	⇒ Corn Dog WES30 ⇒ Frito Pie M40 Romaine Salad, Fresh Baby Carrots 8 , 100% Fruit Juice Slush 25 , Variety of Milk	⇒ Walking Tacos MS32 , Pinto Beans 22 , Salsa Dip-cup 2 , Apple Slices 7 , Variety of Milk	⇒ Boneless Wings Buffalo or BBQ WS13 Hot Roll WMES27 , French Fries 15 , Corn 19 , Mandarin Oranges 21 , Variety of Milk

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

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.



LMS Lunch Menus

Students Eat FREE!

WEEK 1—Aug 12, Aug 23, Sept 6, Sept 20, Oct 4, Oct 18, Nov 1, Nov 15, Dec 6, Jan 3, Jan 17, Jan 31, Feb 14, Feb 28, Mar 21, Apr 4, Apr 18, May 2, May 16

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Line	Chicken Fried Steak WS16 , Chicken Nuggets WS13 , Hot Roll- WMES27 , Mashed Potatoes M14 w/country gravy WMES3 , Corn 19 , Pineapple 16 , Milk	Spaghetti and Meatsauce W26 , Breadstick- WMS15 , Steamed Carrots 8 , Green Beans 4 , Applesauce 22 , Milk	Frito Pie M40 , Walking Tacos MS32 , Ranchero Beans 22 , Romaine Salad, Orange 21 , Milk, Cookie WMES26	Chicken Tenders WM18 , Mashed Potatoes M14 w/ gravy WMES27 , Fresh Baby Carrots 8 w/dip WMES3 , Fruit Slush 25 , Milk	Boneless Wings WS13 , Buffalo or BBQ, Hot Roll- WMES27 , Celery w/ranch, French Fries 15 , Mandarin Oranges 21 , Milk
Mexican Line	Tornados WMS46 w/ Nacho Cheese MS5 , Baked Tostitos 19 , Ranchero Beans 22 , Salsa 2 , Pineapple 16 , Milk	Crispy Beef Taco Boat 13 , Baked Tostitos 19 , Jalapeno Roasted Corn 22 , Salsa 2 , Applesauce 22 , Milk	Walking Tacos MS32 Shredded Romaine Lettuce, Salsa 2 Orange 21 , Milk, Cookie WMES26	Crispitos W43 , Baked Tostitos 19 , Romaine Salad, Salsa, Fruit Slush 25 , Milk	Cheese Enchiladas M17 or Pepper Jack Cheese Enchiladas M18 , Spanish Rice 26 , Refried Beans 30 Salsa, Mandarin Oranges, Milk

WEEK 2—Aug 16, Aug 30, Sept 13, Sept 27, Oct 11, Oct 25, Nov 8, Nov 29, Dec 13, Jan 10, Jan 24, Feb 7, Feb 21, Mar 7, Mar 28, Apr 11, Apr 25, May 9, May 23

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	Macaroni & Cheese WME29 , Chicken Spaghetti WMS27 , Hot Roll- WMES28 , Broccoli w/cheese MS6 , Steamed Carrots, Applesauce, Milk	Mini Calzones WMS40 w/ Marinara, Lasagna WME25 w/ Breadstick WMS15 , Green Beans 4 , Corn 19 , Fruit Slush, Milk	Asian Chicken WESC23 , Eggroll WMES20 Rice 40 , Asian Veggies 6 , Steamed Carrots, Fruit Cup, Milk	Spicy Chicken Leg W6 w/Hot Roll WMES27 or Cheeseburger WMS29 , Ranchero Beans 22 , Tater Tots 16 , Apple Slices, Milk, Cookie WMES26	Boneless Wings WS13 , Buffalo or BBQ, Hot Roll- WMES27 , Celery w/ranch, Crinkle Cut Fries 15 , Mandarin Oranges 21 , Milk
Mexican Line	Tornados WMS46 w/ Nacho Cheese MS5 , Baked Tostitos 19 , Ranchero Beans 22 Salsa 2 , Applesauce 22 , Milk	Cheese Quesadilla- WMS39 , Baked Tostitos 19 , Salsa 2 , Roasted Jalapeno Corn 22 , Fruit Slush, Milk	Wild Mike's Jalapeno Cheesy Bites WM42 , Taco Soup 36 , Salsa, Romaine Salad, Fruit Cup, Milk	Tamales M36 , Spanish Rice 26 , Refried Beans 30 , Salsa, Apple Slices, Milk	Chicken Fajita Flatbread Sandwich WMS26 , Baked Tostitos 19 Shredded Romaine Lettuce, Salsa, Mandarin Oranges, Milk

Weekly Menus

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Lines	Pepperoni WMS34 , Cheese WMS35 , Meat Lovers WMS36 or Buffalo Chicken- WMS35 , Marinara Dipcup 8 , Green Beans 4 , Ap-	Pepperoni WMS34 , Cheese WMS35 , Meat Lov-ers WMS36 , Marina- ra Dipcup, Corn, Fruit Slush, Milk	Pepperoni WMS34 , Cheese WMS35 , Meat Lovers WMS36 , or Garlic French Bread- WMS30 , Ranchero Beans, Fresh Baby Carrots w/dip, Fruit	Pepperoni WMS34 , Cheese WMS35 , Meat Lovers WMS36 , or Wild Mike's Cheesy Bites WM42 , Ro- maine Salad, Marina- ra Dipcup, Apple	Pepperoni WMS34 , Cheese WMS35 , Meat Lov-ers WMS36 , or Manager's Choice, Corn, Green Beans, Mandarin Oranges, Milk
Sandwich Line/Choices Vary Daily	PB&J Uncrusta-ble WP64 Daily Sides: Baked Chips, Romaine Salad, Bean Dip 20 Fruit, Milk	Turkey Bacon Club Sub WM29 , Daily Sides: Baked Chips, Baked Potato Soup, Lettuce, Fruit, Milk	Ham & Cheese Sub- WM29 Daily Sides: Baked Chips, Lettuce, Salsa, Fruit, Milk	Yogurt Parfait M92 Daily Sides: Baked Chips, Romaine Salad, Baby Carrots, Milk	Lunchable WMES40 or Mgr's Choice Daily Sides: Baked Chips, Celery Sticks, Grape Tomatoes, Fruit, Milk

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