



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 & Sausage Tamales Chocolate Mini Donuts Assorted Fruit Juice Milk | Breakfast Pizza Cowgirl Bread Powdered Sugar Mini Donuts Pineapple Tidbits Juice Milk | Breakfast on a Bun Pancake Sandwich (Cinnamon or Blueberry) Yogurt Parfait Orange Slices Juice Milk | Honey Glazed Donut Holes Egg, Sausage, & Cheese Croissant Dutch Waffle Banana Juice Milk | Muffin & Cheese Stick French Toast Sticks Chicken Biscuit Mandarin Oranges 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 Honey Glazed Donut Holes Chocolate Mini Donuts Assorted Fruit Juice, Milk | Dunkin' Sticks Breakfast Pizza Fruit Juice Milk | Churros Eggs, Bacon, & Toast Orange Wedges, or Watermelon (in season) Juice Milk | French Toast Sticks Pancake & Sausage on a Stick Dutch Waffle Fruit Juice Milk | Yogurt & Muffin Chicken Biscuit Cinnamon Roll Mandarin Oranges 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 ⇒ Bacon Cheese-burger Tater Tots, Burger Salad, Pineapple Tidbits, Variety of Milk | ⇒ Hot Pocket ⇒ Wild Mike's Cheesy Bites Marinara Dipcup, Green Beans Applesauce, Variety of Milk | ⇒ Chicken & Waffles Romaine Salad, Crinkle Cut Fries, Orange Slices, Variety of Milk | ⇒ Chicken Nuggets w/Hot Roll ⇒ Chili Dog Pinto Beans, Tater Tots, 100% Fruit Juice Slush, Variety of Milk | ⇒ Walking Tacos Romaine Lettuce, Salsa, Mandarin Oranges, 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 ⇒ Chicken Fried Steak Sandwich French Fries, Burger Salad, Applesauce, Variety of Milk | ⇒ Bacon Cheese-burger, ⇒ BBQ Pulled Pork Sandwich Potato Wedges, Green Beans, Fruit Cup, Variety of Milk | ⇒ Corn Dog ⇒ Frito Pie Romaine Salad, Fresh Baby Carrots, 100% Fruit Juice Slush, Variety of Milk | ⇒ Walking Tacos, Pinto Beans, Salsa Dipcup, Apple Slices, Variety of Milk | ⇒ Boneless Wings Buffalo or BBQ Hot Roll, French Fries, Corn, Mandarin Oranges, Variety of Milk |



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, Chicken Nuggets, Hot Roll, Mashed Potatoes w/ country gravy, Corn, | Spaghetti and Meatsauce, Breadstick, Steamed Carrots, Green Beans, Applesauce, Milk | Frito Pie, Walking Tacos, Ranchero Beans, Romaine Salad, Orange, Milk, Cookie | Chicken Tenders, Mashed Potatoes w/ gravy, Fresh Baby Carrots w/dip, Fruit Slush, Milk | Boneless Wings, Buffalo or BBQ, Hot Roll, Celery w/ranch, French Fries, Mandarin Oranges, Milk |
| Mexican Line | Tornados w/Nacho Cheese, Baked Tostitos Scoops, Ranchero Beans, Salsa, Pineapple, Milk | Crispy Beef Taco Boat, Baked Tostitos Scoops, Jalapeno Roasted Corn, Salsa, Applesauce, | Walking Tacos, Shredded Romaine Lettuce, Salsa, Orange, Milk, Cookie | Crispitos, Baked Tostitos Scoops, Romaine Salad, Salsa, Fruit Slush, Milk | Cheese Enchiladas or Pepper Jack Cheese Enchiladas, Spanish Rice, Refried Beans, Salsa, Mandarin Or- |

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, Chicken Spaghetti, WG Roll, Broccoli w/cheese, Steamed Carrots, Applesauce, Milk | Mini Calzones w/ Marinara, Lasagna w/Breadstick, Green Beans, Corn, Fruit Slush, Milk | Asian Chicken, Eggroll, Rice, Asian Veggies, Steamed Carrots, Fruit Cup, Milk | Spicy Chicken Leg w/Hot Roll or Cheeseburger, Ranchero Beans, Tater Tots, Apple Slices, Milk, Cookie | Boneless Wings, Buffalo or BBQ, Hot Roll, Celery w/ranch, Crinkle Cut Fries, Mandarin Oranges, Milk |
| Mexican Line | Tornados w/Nacho Cheese, Baked Scoops, Ranchero Beans, Salsa, Applesauce, Milk | Cheese Quesadilla, Baked Tostitos Scoops, Salsa, Roasted Jalapeno Corn, Fruit Slush, | Wild Mike's Jalapeno Cheesy Bites, Taco Soup, Salsa, Romaine Salad, Fruit Cup, Milk | Tamales, Spanish Rice, Refried Beans, Salsa, Apple Slices, Milk | Chicken Fajita Flatbread Sandwich, Baked Scoops Shredded Romaine Lettuce, Salsa, Mandarin |

| Weekly Menus | | | | | |
|----------------------------------|---|--|---|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Pizza Lines | Pepperoni, Cheese, Meat Lovers or Buffalo Chicken, Marinara Dipcup, Green Beans, Applesauce, Milk | Pepperoni, Cheese, or Meat Lovers, Marinara Dipcup, Corn, Fruit Slush, Milk | Pepperoni, Cheese, Meat Lovers, or Garlic French Bread, Ranchero Beans, Fresh Baby Carrots w/dip, Fruit Cup, Milk | Pepperoni, Cheese, Meat Lovers, or Wild Mike's Cheesy Bites, Romaine Salad, Marinara Dipcup, Apple Slices, Milk | Pepperoni, Cheese, Meat Lovers, or Manager's Choice, Corn, Green Beans, Mandarin Oranges, Milk |
| Sandwich Line/Choices Vary Daily | PB&J Uncrustable Daily Sides: Baked Chips, Romaine Salad, Bean Dip, Fruit, Milk | Turkey Bacon Club Sub, Daily Sides: Baked Chips, Baked Potato Soup, Lettuce, Fruit, Milk | Ham & Cheese Sub Daily Sides: Baked Chips, Lettuce, Salsa, Fruit, Milk | Yogurt Parfait Daily Sides: Baked Chips, Romaine Salad, Baby Carrots, Milk | Lunchable or Mgr's Choice Daily Sides: Baked Chips, Celery Sticks, Grape Tomatoes, Fruit, Milk |