



# Lufkin Middle School 22-23 Menu



**Breakfast is FREE for all Students!**

**Aug 10, Aug 22, Sept 5, Sept 19, Oct 3, Oct 17, Oct 31, Nov 14, Dec 5, Jan 2, Jan 16, Jan 30, Feb 13, Feb 27, Mar 20, Apr 3, Apr 17, May 1, May 15**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Biscuit <b>WM29</b> & Sausage Tamales <b>M36</b> Chocolate Mini Donuts <b>WMES41</b> Assorted Fruit Juice Milk	Breakfast Pizza <b>WMS26</b> Cowgirl Bread <b>WME29</b> Powdered Sugar Mini Donuts <b>WMES41</b> Pineapple Tidbits <b>16</b> Juice Milk	Breakfast on a Bun <b>WMES29</b> Concha <b>WME38</b> Yogurt <b>M16</b> Parfait granola <b>S25</b> Orange Wedges <b>21</b> Juice Milk	Honey Glazed Donut Holes <b>WMES30</b> Spicy Grilled Cheese <b>WMS26</b> Dutch Waffle <b>W-MES43</b> Banana <b>27</b> Juice Milk	Muffin <b>WES31</b> & Cheese Stick <b>M</b> French Toast Sticks <b>WMES57</b> Cinnamon-Filled Pretzel Stick <b>WM30</b> Mandarin Oranges <b>21</b> Juice Milk

**Aug 15, Aug 29, Sept 12, Sept 26, Oct 10, Oct 24, Nov 7, Nov 28, Dec 12, Jan 9, Jan 23, Feb 6, Feb 20, Mar 6, Mar 27, Apr 10, Apr 24, May 8, May 22 (Mgr Choice)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Belgian Waffles <b>WME34</b> Honey Glazed Donut Holes <b>WMES30</b> Chocolate Mini Donuts <b>WMES41</b> Assorted Fruit Juice Milk	Dunkin' Sticks <b>WMES48</b> Breakfast Pizza <b>WMS25</b> Fruit Juice Milk	Churros <b>WMES52</b> Eggs, Bacon, & Toast <b>WS28</b> Orange Wedges <b>21</b> , or Watermelon <b>6</b> (in season) Juice Milk	French Toast Sticks <b>WMES57</b> Pancake & Sausage on a Stick <b>WMES19</b> Banana Split Fruit Juice Milk	Yogurt <b>M16</b> & Muffin <b>WES31</b> Chicken Biscuit <b>WMS32</b> Cinnamon Roll <b>WMES36</b> Mandarin Oranges <b>21</b> Juice, Milk



## Snack Bar

**Students Eat FREE!**

**WEEK 1- Aug 10, Aug 22, Sept 5, Sept 19, Oct 3, Oct 17, Oct 31, Nov 14, Dec 5, Jan 2, Jan 16, Jan 30, Feb 13, Feb 27, Mar 20, Apr 3, Apr 17, May 1, May 15**

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Spicy Chicken Sandwich <b>WM45</b> ⇒ Bacon Cheeseburger <b>WMS29</b> Tater Tots <b>18</b> , Burger Salad, Pineapple Tidbits <b>16</b> , Variety of Milk	⇒ Hot Pocket <b>WMS32</b> ⇒ Wild Mike's Cheesy Bites <b>WMS42</b> Marinara Dipcup <b>8</b> , Green Beans <b>4</b> Applesauce <b>22</b> , Variety of Milk	⇒ Walking Tacos <b>MS32</b> Romaine Lettuce, Salsa <b>2</b> , Orange Slices <b>21</b> , Variety of Milk	⇒ Mini Corn Dogs <b>WES30</b> w/chili & cheese <b>MS</b> ⇒ Chili Dog <b>W27</b> (cheese <b>MS</b> ) Pinto Beans <b>22</b> , Tater Tots <b>18</b> , 100% Fruit Juice Slush <b>25</b> , Variety of Milk	⇒ Hot Wings, BBQ, Buffalo, or Nashville Hot Hot Roll <b>WMES27</b> , French Fries <b>15</b> , Celery w/ranch, Fruit, Variety of Milk

**WEEK 2—Aug 15, Aug 29, Sept 12, Sept 26, Oct 10, Oct 24, Nov 7, Nov 28, Dec 12, Jan 9, Jan 23, Feb 6, Feb 20, Mar 6, Mar 27, Apr 10, Apr 24, May 8, May 22 (Mgr Choice)**

Monday	Tuesday	Wednesday	Thursday	Friday
⇒ Spicy Chicken Sandwich <b>WM45</b> ⇒ Chicken Fried Steak Sandwich <b>WS45</b> French Fries <b>15</b> , Burger Salad, Applesauce <b>22</b> , Variety of Milk	⇒ Cheeseburger <b>WMS29</b> ⇒ BBQ Pulled Pork Sandwich <b>WS46</b> Potato Wedges <b>20</b> , Green Beans <b>4</b> , Fruit Cup, Variety of Milk	⇒ Corn Dog <b>WES30</b> ⇒ Frito Pie <b>M40</b> Romaine Salad, Fresh Baby Carrots <b>8</b> , 100% Fruit Juice Slush <b>25</b> , Variety of Milk	⇒ Walking Tacos <b>MS32</b> , Pinto Beans <b>22</b> , Salsa Dipcup <b>2</b> , Apple Slices <b>7</b> , Variety of Milk	⇒ Hot Wings, BBQ, Buffalo, or Nashville Hot Hot Roll <b>WMES27</b> , French Fries <b>15</b> , Celery w/ranch, Fruit, 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 10, Aug 22, Sept 5, Sept 19, Oct 3, Oct 17, Oct 31, Nov 14, Dec 5, Jan 2, Jan 16, Jan 30, Feb 13, Feb 27, Mar 20, Apr 3, Apr 17, May 1, May 15**

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Line</b>	Chicken Fried Steak <b>WS16</b> , Chicken Nuggets <b>WS13</b> , Hot Roll- <b>WMES27</b> , Mashed Potatoes <b>M14</b> w/country gravy <b>WMES3</b> , Corn <b>19</b> , Pineapple <b>16</b> , Milk	Crispitos <b>W43</b> , Broccoli w/cheese <b>MS6</b> , Pinto Beans <b>22</b> , Fruit, Milk	Frito Pie <b>M40</b> , Walking Tacos <b>MS32</b> , Ranchero Beans <b>22</b> , Romaine Salad, Orange <b>21</b> , Milk, Cookie <b>WMES26</b>	Chicken Tenders <b>WM18</b> , Mashed Potatoes <b>M14</b> w/gravy <b>WMES27</b> , Fresh Baby Carrots <b>8</b> w/dip <b>WMES3</b> , Fruit Slush <b>25</b> , Milk	Hot Wings, BBO, Buffalo, or Nashville Hot, Hot Roll <b>WMES27</b> , French Fries <b>15</b> , Celery w/ranch, Fruit, Variety of Milk
<b>Mexi-Talian Line</b>	Cheese Enchiladas <b>M17</b> or Pepper Jack Cheese Enchiladas <b>M18</b> , Spanish Rice <b>26</b> , Refried Beans <b>30</b> Salsa, Mandarin Oranges, Milk	Spaghetti and Meatsauce <b>W26</b> , Breadstick- <b>WMS15</b> , Steamed Carrots <b>8</b> , Green Beans <b>4</b> , Applesauce <b>22</b> , Milk	Walking Tacos <b>MS32</b> Shredded Romaine Lettuce, Salsa <b>2</b> Orange <b>21</b> , Milk, Cookie <b>WMES26</b>	Calzone <b>WMS 32</b> Romaine Salad Marinara Dip Cup, Fruit, Milk	Soft Beef Taco <b>W30</b> or Taco Salad, Jalapeno Roasted Corn <b>22</b> , Lettuce & Tomato, Fruit, Milk

**WEEK 2—Aug 15, Aug 29, Sept 12, Sept 26, Oct 10, Oct 24, Nov 7, Nov 28, Dec 12, Jan 9, Jan 23, Feb 6, Feb 20, Mar 6, Mar 27, Apr 10, Apr 24, May 8, May 22 (Mgr Choice)**

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Lines</b>	Cajun Chicken Pasta <b>WM42</b> or Chicken Nuggets <b>WS13</b> , Hot Roll- <b>WMES28</b> , Broccoli, Steamed Carrots <b>8</b> , Applesauce <b>22</b> , Milk	Chicken <b>WM18</b> & Waffles <b>WMES43</b> or Pretzel Nuggets <b>W42</b> w/Nacho Cheese <b>M</b> , Spicy Sweet Potato Sticks <b>25</b> , Green Beans <b>4</b> , Fruit, Milk	Spicy Chicken Leg <b>W6</b> w/Hot Roll <b>WMES27</b> or Cheeseburger <b>WMS29</b> , Ranchero Beans <b>22</b> , Tater Tots <b>16</b> , Apple Slices, Milk, Cookie <b>WMES26</b>	Asian Chicken <b>WESC23</b> or Dumplings <b>WS31</b> , Rice <b>40</b> , Asian Veggies <b>6</b> , Steamed Carrots <b>8</b> , Fruit Cup, Milk	Hot Wings, Buffalo or BBQ, Hot Roll <b>WMES27</b> , Celery w/ranch, Crinkle Cut Fries <b>15</b> , Mandarin Oranges <b>21</b> , Milk
<b>Mexi-Talian Line</b>	Tornados <b>WMS46</b> w/ Nacho Cheese <b>MS5</b> , Baked Tostitos <b>19</b> , Ranchero Beans, <b>22</b> Salsa <b>2</b> , Applesauce <b>22</b> , Milk	Lasagna <b>WME25</b> w/ Breadstick <b>WMS15</b> , Green Beans <b>4</b> , Corn <b>19</b> , Fruit Slush, Milk	Grilled Chicken & Cheese Burrito <b>WMS36</b> , Jalapeno Roasted Corn <b>22</b> , Chips & Salsa, Fruit Cup, Milk	Chicken Alfredo <b>WM42</b> , Breadstick <b>WMS15</b> , Romaine Salad, Green Beans, Fruit, Milk	Tamales <b>M36</b> , Spanish Rice <b>26</b> , Refried Beans <b>30</b> , Salsa, Apple Slices <b>7</b> , Milk

## Weekly Menus

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pizza Lines</b>	Pepperoni <b>WMS34</b> , Cheese <b>WMS35</b> , Meat Lovers <b>WMS36</b> or Buffalo Chicken- <b>WMS35</b> , Marinara Dipcup <b>8</b> , Green Beans <b>4</b> , Ap-	Pepperoni <b>WMS34</b> , Cheese <b>WMS35</b> , Meat Lovers <b>WMS36</b> , Marinara Dipcup, Corn, Fruit Slush, Milk	Pepperoni <b>WMS34</b> , Cheese <b>WMS35</b> , Meat Lovers <b>WMS36</b> , or Garlic French Bread- <b>WMS30</b> , Ranchero Beans <b>22</b> , Fresh Baby Carrots w/dip, Fruit	Pepperoni <b>WMS34</b> , Cheese <b>WMS35</b> , Meat Lovers <b>WMS36</b> , or Wild Mike's Cheesy Bites <b>WM42</b> , Romaine Salad, Marinara Dipcup, Apple	Pepperoni <b>WMS34</b> , Cheese <b>WMS35</b> , Meat Lovers <b>WMS36</b> , or Manager's Choice, Corn, Green Beans, Mandarin Oranges, Milk
<b>Sandwich Line/Choices Vary Daily</b>	PB&J Uncrustable <b>WP64</b> <b>Daily Sides:</b> Baked Chips, Romaine Salad, Bean Dip <b>20</b> Fruit, Milk	Turkey Bacon Club Sub <b>WM29</b> , <b>Daily Sides:</b> Baked Chips, Baked Potato Soup, Lettuce, Fruit, Milk	Ham & Cheese Sub- <b>WM29</b> <b>Daily Sides:</b> Baked Chips, Lettuce, Salsa, Fruit, Milk	Yogurt Parfait <b>M92</b> <b>Daily Sides:</b> Baked Chips, Romaine Salad, Baby Carrots, Milk	Lunchable <b>WMES40</b> or Mgr's Choice <b>Daily Sides:</b> Baked Chips, Celery Sticks, Grape Tomatoes, Fruit, Milk

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