



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 & 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 Concha Yogurt Parfait Orange Slices Juice Milk	Honey Glazed Donut Holes Spicy Grilled Cheese Dutch Waffle Banana Juice Milk	Muffin & Cheese Stick French Toast Sticks Cinnamon-Filled Pretzel Stick Mandarin Oranges 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 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 Banana Split Fruit Juice Milk	Yogurt & Muffin Chicken Biscuit Cinnamon Roll Mandarin Oranges 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 ⇒ Bacon Cheeseburger Tater Tots, Burger Salad, Pineapple Tidbits, Variety of Milk	⇒ Hot Pocket ⇒ Wild Mike's Cheesy Bites Marinara Dipcup, Green Beans Applesauce, Variety of Milk	⇒ Walking Tacos Romaine Salad, Salsa, Orange Slices, Cookie, Variety of Milk	⇒ Chili Dog ⇒ Mini Corn Dogs w/ Chili & Cheese Pinto Beans, Tater Tots, 100% Fruit Juice Slush, Variety of Milk	⇒ Hot Wings, BBQ, Buffalo, or Nashville Hot Hot Roll, French Fries, 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 ⇒ Chicken Fried Steak Sandwich French Fries, Burger Salad, Applesauce, Variety of Milk	⇒ Cheeseburger ⇒ 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	⇒ Hot Wings BBQ, Buffalo or Nashville Hot Hot Roll, French Fries, Celery w/ranch, Fruit, Variety of Milk



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
Main Line	Chicken Fried Steak, Chicken Nuggets, Hot Roll, Mashed Potatoes w/ gravy, Corn, Pineapple, Milk	Crispitos • Chicken Chili • Chicken & Cheese Broccoli w/Cheese Pinto Beans Fruit, Milk	Frito Pie, Walking Tacos, Ranchero Beans, Romaine Salad, Orange, Milk, Cookie	Chicken Tenders (spicy or plain), Hot Roll, Mashed Potatoes w/gravy, Fresh Baby Carrots w/dip, Fruit Slush, Milk	Hot Wings, Buffalo, BBQ, or Nashville Hot, Hot Roll, Celery w/ranch, French Fries, Fruit, Milk
Mexi-Talian Line	Cheese Enchiladas or Pepper Jack Cheese Enchiladas, Spanish Rice, Refried Beans, Salsa, Mandarin Oranges, Milk	Spaghetti and Meatsauce, Breadstick, Steamed Carrots, Green Beans, Applesauce, Milk	Walking Tacos, Shredded Romaine Lettuce, Salsa, Orange, Milk, Cookie	Calzone Romaine Salad Marinara Dip Cup, Fruit, Milk	Soft Tacos or Taco Salad, Roasted Jalapeno Corn, 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
Main Lines	Cajun Chicken Pasta or Chicken Nuggets, WG Roll, Broccoli, Steamed Carrots, Applesauce, Milk	Chicken & Waffles or Pretzel Nuggets w/Nacho Cheese, Spicy Sweet Potato Sticks, Green Beans, Fruit, Milk	Spicy Chicken Leg w/Hot Roll or Cheeseburger, Ranchero Beans, Tater Tots, Apple Slices, Milk, Cookie	Asian Chicken or Dumplings, Rice, Asian Veggies, Steamed Carrots, Fruit Cup, Milk	Hot Wings, Buffalo, BBQ, or Nashville Hot, Hot Roll, Celery w/ranch, Crinkle Cut Fries, Mandarin Oranges, Milk
Mexi-Talian Line	Tornados w/Nacho Cheese, Baked Scoops, Ranchero Beans, Salsa, Applesauce, Milk	Lasagna w/Breadstick, Green Beans, Steamed Broccoli, Fruit Slush, Milk	Grilled Chicken & Cheese Burrito, Jalapeno Roasted Corn, Chips & Salsa, Fruit Cup, Milk	Chicken Alfredo Breadstick Romaine Salad, Green Beans, Fruit, Milk	Tamales, Spanish Rice, Refried Beans, Salsa, Apple Slices, Milk

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