



Lufkin Middle School 23-24 Menu



Breakfast is FREE for all Students!

Aug 7, Aug 21, Sept 4, Sept 18, Oct 2, Oct 23, Nov 6, Nov 27, Dec 11, Jan 8, Jan 22, Feb 5, Feb 19, Mar 4, Mar 25, Apr 8, Apr 22, May 6, May 20

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

Aug 14, Aug 28, Sept 11, Sept 25, Oct 16, Oct 30, Nov 13, Dec 4, Jan 1, Jan 15, Jan 29, Feb 12, Feb 26, Mar 18, Apr 1, Apr 15, Apr 29, May 13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Belgian Waffles WME34 Honey Glazed Donut Holes WMES30 Chocolate Mini Donuts WMES41 Assorted Fruit Juice Milk	Dunkin' Sticks WMES48 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 Banana Split Fruit Juice Milk	Yogurt M16 & Muffin WES31 Chicken Biscuit WMS32 Cinnamon Roll WMES36 Fruit, 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 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 Dipcup 8 , Green Beans 4 Applesauce 22 , Variety of Milk	⇒ Walking Tacos MS32 Romaine Lettuce, Salsa 2 , Orange 21 , Variety of Milk	⇒ Mini Corn Dogs WES30 w/chili & cheese MS ⇒ Chili Dog W27 (cheese MS) Pinto Beans 22 , Tater Tots 18 , 100% Fruit Juice Slush 25 , Variety of Milk	⇒ Hot Wings, BBQ, Buffalo, or Nashville Hot Hot Roll WMES27 , French Fries 15 , 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 WM45 ⇒ Chicken Fried Steak Sandwich WS45 French Fries 15 , Burger Salad, Applesauce 22 , Variety of Milk	⇒ 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 Gel 20 , Variety of Milk	⇒ Walking Tacos MS32 , Pinto Beans 22 , Salsa Dipcup 2 , Fruit, Variety of Milk	⇒ Hot Wings, BBQ, Buffalo, or Nashville Hot Hot Roll WMES27 , French Fries 15 , Celery w/ranch, Apple Slices 7 , 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 7, Aug 21, Sept 4, Sept 18, Oct 2, Oct 23, Nov 6, Nov 27, Dec 11, Jan 8, Jan 22, Feb 5, Feb 19, Mar 4, Mar 25, Apr 8, Apr 22, May 6, May 20

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	Crispitos W43 , Broccoli w/cheese MS6 , Pinto Beans 22 , 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	Hot Wings, BBO, Buffalo, or Nashville Hot, Hot Roll WMES27 , French Fries 15 , Celery w/ranch, Fruit, Variety of Milk
Mexi-Talian Line	Cheese Enchiladas M17 or Pepper Jack Cheese Enchiladas M18 , Spanish Rice 26 , Refried Beans 30 Salsa, Pineapples 16 , Milk	Spaghetti and Meatsauce W26 , Breadstick- WMS15 , Steamed Carrots 8 , Green Beans 4 , Applesauce 22 , Milk	Walking Tacos MS32 Shredded Romaine Lettuce, Salsa 2 Orange 21 , Milk, Cookie WMES26	Chicken Pizza Wrap WM39 Romaine Salad Marinara Dip Cup, Fruit Slush 25 , Milk	Beef Picadillo 3 , Cilantro Lime Rice 27 , Jalapeno Roasted Corn 22 , Lettuce & Tomato, Fruit, Milk

WEEK 2—Aug 14, Aug 28, Sept 11, Sept 25, Oct 16, Oct 30, Nov 13, Dec 4, Jan 1, Jan 15, Jan 29, Feb 12, Feb 26, Mar 18, Apr 1, Apr 15, Apr 29, May 13

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	Cajun Chicken Pasta WM42 or Chicken Nuggets WS13 , Hot Roll- WMES28 , Broccoli, Steamed Carrots 8 , Applesauce 22 , Milk	Chicken WM18 & Waffles WMES43 or Soft Pretzel W30 w/Nacho Cheese M , Spicy Sweet Potato Sticks 25 , Steamed Beans 4 , Fruit Gel 20 , Milk	Spicy Chicken Leg W6 w/Hot Roll WMES27 or Cheeseburger WMS29 , Ranchero Beans 22 , Tater Tots 16 , Fruit, Milk, Cookie WMES26	Asian Chicken WESC23 or Dumplings WS31 , Noodles WS30 , Asian Veggies 6 , Steamed Carrots 8 , Fruit, Milk	Hot Wings, Buffalo or BBQ, Hot Roll WMES27 , Celery w/ranch, Crinkle Cut Fries 15 , Apple Slices 7 , Milk
Mexi-Talian Line	Chicken Tinga Tostadas 44 , Baked Tostitos 19 , Ranchero Beans, 22 Salsa 2 , Applesauce 22 , Milk	Lasagna WME25 w/ Breadstick WMS15 , Green Beans 4 , Corn 19 , Fruit Gel 20 , Milk	Spicy Colorado Burrito WM41 , Jalapeno Roasted Corn 22 , Chips 19 & Salsa 2 , Fruit, Milk	Chicken Spaghetti WM34 , Breadstick WMS15 , Romaine Salad, Green Beans, Fruit, Milk	Tamales M36 , Spanish Rice 26 , Refried Beans 30 , Salsa, Apple Slices 7 , 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 , Fruit, Milk	Pepperoni WMS34 , Cheese WMS35 , Meat Lovers WMS36 , Marinara Dipcup, Corn, Milk	Pepperoni WMS34 , Cheese WMS35 , Meat Lovers WMS36 , or Garlic French Bread- WMS30 , Ranchero Beans 22 , Fresh Baby Carrots w/dip, Fruit, Milk	Pepperoni WMS34 , Cheese WMS35 , Meat Lovers WMS36 , or Wild Mike's Cheesy Bites WM42 , Romaine Salad, Marinara Dipcup, Fruit, Milk	Pepperoni WMS34 , Cheese WMS35 , Meat Lovers WMS36 , or Manager's Choice, Corn, Green Beans, Fruit, Milk
Sandwich Line/Choices Vary Daily	PB&J Uncrustable 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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