



Lufkin Middle School 24-25 Menu



Meals are FREE for all Students!

Week 1: Aug 7, Aug 26, Sept 16, Oct 14, Nov 4, Dec 2, Jan 6, Jan 27, Feb 17, Mar 17, Apr 7, Apr 28, May 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Biscuit (plain ^{WMESm22} or Jalapeno & Cheese ^{WM29}) & Sausage Tamales ^{S44} Fruit Juice Milk	Breakfast Pizza ^{WMS26} Cowgirl Bread ^{WME29} Fruit Juice Milk	Breakfast on a Bun ^{WMES29} Concha ^{WME38} Yogurt Parfait ^{M16} (granola ^{S25}) Fruit Juice Milk	Donut Holes: Glazed ^{WMES30} or Double Chocolate ^{WMES58} Dutch Waffle ^{WME43} Fruit Juice Milk	Muffin ^{WES31} & Cheese Stick ^M French Toast Sticks Fruit Juice Milk

Week 2: Aug 12, Sept 2, Sept 23, Oct 21, Nov 11, Dec 9, Jan 13, Feb 3, Feb 24, Mar 24, Apr 14, May 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Taco ^{WMS17} Mini Pancakes: Variety of Flavors ^{WMES35} Fruit Juice Milk	Dunkin' Sticks ^{WME48} Breakfast Pizza ^{WMS26} Fruit Juice Milk	Churros ^{WMES52} Eggs ^E , Bacon, & Toast ^{WS28} Fruit Juice Milk	French Toast Sticks ^{WMES57} Banana Split ^{M60} (granola ^{S25}) Fruit Juice Milk	Yogurt ^{M16} & Muffin ^{WES31} Apple Nachos ^{MS48} Fruit Juice, Milk

Week 3: Aug 19, Sept 9, Sept 30, Oct 28, Nov 18, Dec 16, Jan 20, Feb 10, Mar 3, Mar 31, Apr 21, May 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal-Topped Donut ^{WMES30} Apple Cinnamon Empanada ^{W42} Fruit Juice Milk	Breakfast Pizza ^{WMS26} Cinna-Minis: Cinnamon ^{WM35} or Caramel ^{WM35} Fruit Juice Milk	Biscuit (plain ^{WMESm22} or Jalapeno & Cheese ^{WM29}) w/Sausage, Egg ^E , & Cheese ^M Fruit Juice Milk	Cinnamon Roll ^{WMES36} Pancake & Sausage on a Stick ^{WMES19} Fruit Juice Milk	Mini Donuts: Chocolate ^{WMES41} or Powdered Sugar Fruit Juice, Milk

Variety of Cereal, PopTarts, Yogurt & Cereal Bars offered daily.

Menu may change subject to availability.

ALLERGENS: W-Wheat, S-Soy, M-Milk, E-Egg, P-Peanuts, C-Citrus, Sm-Sesame
Grams of carbohydrate are listed as the number beside the allergens
Milk: white=13gms, choc=19gms, straw=19gms Juice: orange=14gms, apple=15gms



LMS 24-25 Lunch Menu

**Students
Eat FREE!**

Week 1: Aug 7, Aug 26, Sept 16, Oct 14, Nov 4, Dec 2, Jan 6, Jan 27, Feb 17, Mar 17, Apr 7, Apr 28, May 19

Variety of Pizza and Sandwiches offered daily.

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Line	<ul style="list-style-type: none"> ◇ Spicy Chicken Sandwich WMSm41 ◇ Cheeseburger WMSm29 ◇ Chicken Nuggets WS13 w/Hot Roll WMES27 Tater Tots 18, Burger Salad, Fruit, Milk 	<ul style="list-style-type: none"> ◇ Wild Mike's Cheesy Bites WMS42 ◇ Spaghetti W26 w/breadstick WMS15 ◇ Cajun Chicken Pasta WM42 w/breadstick WMS15 Marinara Sauce Dip Cup 8, Green Beans 4, Fruit, Milk 	<ul style="list-style-type: none"> Walking Tacos M32 Romaine Salad, Salsa 2, Fruit, Milk, Cookie WMES26 	<ul style="list-style-type: none"> ◇ Chili Dog W24 (Cheese M) ◇ Frito Pie M40 ◇ Chicken Tenders WM18 w/hot roll WMES27 Ranchero Beans 22, Tater Tots 18, Fruit, Milk 	<ul style="list-style-type: none"> Hot Wings: ◇ Buffalo ◇ BBQ ◇ Nashville Hot Hot Roll WMES27, Celery & Carrots w/ranch ME1, French Fries 15, Fruit, Milk

Week 2: Aug 12, Sept 2, Sept 23, Oct 21, Nov 11, Dec 9, Jan 13, Feb 3, Feb 24, Mar 24, Apr 14, May 5

Variety of Pizza and Sandwiches offered daily.

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	<ul style="list-style-type: none"> ◇ Chicken Fried Steak Sandwich WSSm45 ◇ Chicken Sandwich WMSm41 ◇ Pulled Pork Sandwich WSSm46 French Fries 15, Burger Salad, Fruit, Milk 	<ul style="list-style-type: none"> Chicken WM18 & Waffles WMES43 ◇ Spicy ◇ Plain Mashed Potatoes M14 w/gravy WMES3, Fresh Baby Carrots 8 w/dip ME1, Fruit, Milk 	<ul style="list-style-type: none"> ◇ Asian Chicken WESC23 ◇ Dumplings WS31 ◇ Chicken Nuggets WS13 Noodles, Asian Veggies 6, Steamed Carrots 8, Fruit, Milk, Cookie WMES26 	<ul style="list-style-type: none"> Walking Tacos M32 Romaine Salad, Ranchero Beans 22, Fruit, Milk 	<ul style="list-style-type: none"> Hot Wings: ◇ Buffalo ◇ BBQ ◇ Nashville Hot Hot Roll WMES27, Celery & Carrots w/ranch ME1, French Fries 15, Fruit, Milk

Week 3: Aug 19, Sept 9, Sept 30, Oct 28, Nov 18, Dec 16, Jan 20, Feb 10, Mar 3, Mar 31, Apr 21, May 12

Variety of Pizza and Sandwiches offered daily.

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Lines	<ul style="list-style-type: none"> ◇ Cheese Enchiladas M17 ◇ Tamales S44 ◇ Spicy Colorado Burrito WM41 Spanish Rice 26, Refried Beans 30, Salsa 2, Fruit, Milk 	<ul style="list-style-type: none"> ◇ Lasagna WME25 w/breadstick WMS15 ◇ Mac & Cheese Bites WM45 ◇ Chicken Pizza Wrap WM39 Green Beans 4, Steamed Broccoli w/cheese M, Fruit, Milk 	<ul style="list-style-type: none"> ◇ Chicken Leg W6 w/Hot Roll WMES27 ◇ Cheeseburger WMSm29 ◇ Boneless Wings: plain- WM16 or hot WEM22 w/hot roll WMES27 Fresh Baby Carrots w/dip ME1, Tater Tots 18, Fruit, Milk, Cookie WMES26 	<ul style="list-style-type: none"> ◇ Crisпитos W46 ◇ Mexican Pizza WMS43 ◇ Crispy Tacos MS24 Pinto Beans 22, Jalapeno Roasted Corn 22, Fruit, Milk 	<ul style="list-style-type: none"> Hot Wings: ◇ Buffalo ◇ BBQ ◇ Nashville Hot Hot Roll WMES27, Celery & Carrots w/ranch ME1, French Fries 15, Fruit, Milk

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