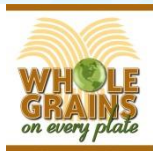


Lufkin ISD Elementary/Primary Schools



MEAL PRICING:

Student Breakfast	FREE
Adult/Visitor Breakfast Price	\$3.25
Milk Only	\$0.50
Soy or Lactose Free Milk	\$1.00

BREAKFAST Menu August 2023-May 2024

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Dutch Waffle WMES43 or Churro WMES 28 w/Yogurt M Peaches 17 Juice Milk	Kolache WME16 or Concha WME 33 Applesauce 14 (variety) Juice Milk	Mini Pancakes WMES35 w/syrup 30 or Apple Cinnamon French Toast WMS49 Orange Wedges 21 Juice Milk	Cinna-Minis WM40 or Biscuit WMS22 & Sausage w/jelly 9 Pineapple Tidbits 16 Juice Milk	Breakfast Pizza WMS26 Fresh Apple Slices 7 Juice Milk
2	Honey Bun WMES40 or French Toast Sticks WMES43 Pineapple Tidbits 16 Juice Milk	Cowgirl Bread WME29 or Pop Tarts WS75 (whole grain) Applesauce 14 (variety) Juice Milk	Mini Donuts WMES41 (whole grain) or Eggs ME & Toast WS14 Banana 27 Juice Milk	Yogurt Parfait MS (yogurt16 granola 6) Juice Milk	Breakfast Pizza WMS26 Fresh Apple Slices 7 Juice Milk
3	Pancake on a Stick WMES19 or Biscuit WMS22 & Sausage w/jelly 9 Mandarin Oranges 21 Juice Milk	Donut Holes WMES20 or Belgian Waffle WME33 Applesauce Juice Milk	Muffin WES30 & Cheese Stick M1 or Cinnamon-Filled Pretzel Stick WM30 Orange Wedges 21 Juice Milk	Banana Split MS (yogurt16 granola 6) Fruit Cup Juice Milk	Breakfast Pizza WMS26 Fruit Juice Milk

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=12gms, choc=19gms, straw=18gms Juice: orange=13gms, apple=14gms, grape=19gms

Week 1		Week 2		Week 3	
Aug 7	Mar 18	Aug 14	Mar 25	Aug 21	Apr 1
Aug 28	Apr 8	Sept 4	Apr 15	Sept 11	Apr 22
Sept 18	Apr 29	Sept 25	May 6	Oct 2	May 13
Oct 16	May 20	Oct 23		Oct 30	
Nov 6		Nov 13		Nov 27	
Dec 4		Dec 11		Jan 1	
Jan 8		Jan 15		Jan 22	
Jan 29		Feb 5		Feb 12	
Feb 19		Feb 26		Mar 4	

This program is funded by USDA. This institution is an equal opportunity provider.

Lufkin ISD Elementary/Primary Schools

GET YOUR DAY IN GEAR WITH A HEALTHY SCHOOL LUNCH

MEAL PRICING:

All Students	FREE
Adult/Visitor	\$4.75
Milk Only	\$0.50

LUNCH Menu

August 2023-May 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Popcorn Chicken WMS16 or Macaroni & Cheese WME29 or PB&J Uncrustable WP64 or Soy Jamwich WMS55 Hot Roll WMES14 Broccoli w/cheese M6 Mixed Vegetables 8 100% Juice Fruit Slush 25 Milk	Pulled Pork BBQ Sandwich WSm28 or Mini Corn Dogs WES30 or Lunchable WMES40 Pinto Beans 22 French Fries 15 Applesauce 14 Milk	Crispitos (chicken chili- W46 chicken & cheese WM40) or Bean & Cheese Pupusa M35 PB&J Uncrustable or Soy Jamwich Refried Beans 30 Corn 19 Orange Wedges 21 Cookie WMES28 Milk	Orange Chicken WES25 or Chicken Nuggets WS13 or Lunchable Rice 40 /Noodles W20 Green Beans 4 Steamed Carrots 8 Pineapple Tidbits 16 Fortune Cookie WS4 Milk	Chicken Burger WMSm41 or Cheeseburger WSm29 or PB&J Uncrustable or Soy Jamwich Smiley Faced Potatoes 20 Fresh Baby Carrots 8 w/dip Apple Slices 7 Milk
2	Beef Ravioli WMS30 w/Breadstick WMS15 or Wild Mike's Cheesy Bites WMS28 or PB&J Uncrustable or Soy Jamwich Broccoli w/cheese M6 Marinara Dip Cup 8 100% Fruit Juice Slush 25 Milk	Walking Tacos MS32 or Lunchable Salsa Dip Cup 2 Pinto Beans 22 Applesauce 14 Milk	Hot Pocket WMS32 or Spaghetti & Meatsauce W42 w/Breadstick WMS15 or PB&J Uncrustable or Soy Jamwich Cucumber Slices w/dip WE7 Corn 19 Banana 27 Cookie WMES28 Milk	Popcorn Chicken WMS16 or Drumstick W5 or Lunchable Hot Roll WMES14 M. Potatoes M14 w/Country Gravy WMES3 Green Beans 4 Fruit Milk	Chicken Burger WMSm41 or Mini Hot Dogs WS26 or PB&J Uncrustable or Soy Jamwich Fresh Baby Carrots w/dip WE7 Smiley Faced Potatoes 20 Apple Slices 7 Milk
3	Chicken WS13 & Waffles WMES30 or PB&J Uncrustable or Soy Jamwich Broccoli w/Cheese M6 Mashed Potatoes M14 w/Gravy WMES3 Mandarin Oranges 21 Milk	Mini Calzones WMS40 or Garlic French Bread Pizza WMS29 or Lunchable Marinara Dip Cup 8 Green Beans 4 Applesauce 14 Milk	Beef Nachos M31 or PB&J Uncrustable or Soy Jamwich Pinto Beans 22 Salsa Dip Cup 2 Orange Wedges 21 Cookie WMES28 Milk	Frito Pie M31 or Hot Dog W27 or Lunchable French Fries 15 Fresh Baby Carrots w/dip WE7 100% Fruit Juice Gel 20 Milk	Cheeseburger WSm29 or Pepperoni Pizza WMS34 or PB&J Uncrustable or Soy Jamwich Tater Tots 18 100% Veggie Juice Grapes 8 Milk

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=12gms, choc=19gms, straw=18gms Juice: orange=13gms, apple=14gms, grape=19gms

Week 1		Week 2		Week 3	
Aug 7	Mar 18	Aug 14	Mar 25	Aug 21	Apr 1
Aug 28	Apr 8	Sept 4	Apr 15	Sept 11	Apr 22
Sept 18	Apr 29	Sept 25	May 6	Oct 2	May 13
Oct 16	May 20	Oct 23		Oct 30	
Nov 6		Nov 13		Nov 27	
Dec 4		Dec 11		Jan 1	
Jan 8		Jan 15		Jan 22	
Jan 29		Feb 5		Feb 12	
Feb 19		Feb 26		Mar 4	

This program is funded by USDA. This institution is an equal opportunity provider.