










Breakfast Menu for Jean Massieu Academy

January 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2	3	4 fresh-cut seasonal melon 100% fruit juice or fresh fruit, milk * warm flaky wg biscuit - with sunbutter & jelly sides --	5 applesauce cup 100% fruit juice, choice of milk warm raspberry glazed whole grain cinnamon roll - 
8 chilled cinnamon apples 100% fruit juice or fresh fruit, milk * fruit flavored low fat yogurt cup graham bites or granola --	9  fresh-cut orange 100% fruit juice, choice of milk * warm bean & cheese burrito - in whole grain tortilla - house salsa --	10 fresh banana 100% fruit juice or fresh fruit, milk * warm "West, Texas" kolache w/turkey'ham' & cheese --	11 applesauce cup 100% fruit juice, choice of milk * cheesy breakfast potatoes with turkey sausage link --	12 chilled sliced peaches 100% fruit juice, choice of milk fruit & yogurt parfait cereal: 'apple Os' --
15 MLK Day	16 fresh-cut orange 100% fruit juice, choice of milk * fruit cereal bar cheese stick --	17 fresh banana choice of milk * fresh baked sausage roll turkey frank-cheese-wg roll --	18 fresh-cut cantaloupe bowl 100% fruit juice or fresh fruit, milk * whole grain cinnamon roll - with apple cinnamon topping --	19  chilled mixed fruit 100% fruit juice, choice of milk 6" breakfast taquitos beef sausage-egg-cheese 
22 chilled sliced peaches 100% fruit juice or fresh fruit, milk * French toast sticks - with side syrup --	23 fresh-cut orange 100% fruit juice, choice of milk * English muffin sandwich with egg-cheese-turkey'ham --	24  fresh banana 100% fruit juice, choice of milk * breakfast 6" quesadilla w/egg and skillet beef --	25 fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk * warm flaky wg biscuit - with sunbutter & jelly sides --	26 no classes
29 chilled sliced peaches 100% fruit juice or fresh fruit, milk * warm breakfast 6" taquitos turkey sausage-egg-cheddar --	30  fresh-cut orange 100% fruit juice, choice of milk * warm "West, Texas" kolache w/turkey'ham' & cheese --	31 fresh banana 100% fruit juice, choice of milk * warm wg chicken biscuit with breaded chicken strip --		

Serving those true tastes, recipes, and traditions of Texas as often as possible....

~ = NonMeat



**Fruit is
seasonally
local
sourced,
when
available**

Any 'bakery' item is bake in-house

a peanut & pork
free menu



All sausage
and ham is
made from
turkey or beef



1% or
Skim Milk






Civil Rights Notice: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.



Lunch Menu for Jean Massieu Academy

January 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2	3	4 real Queso Nachos – over whole corn tortilla chips house-made refried beans fresh nacho side 'salad', taco sauce chilled pineapple chunks choice of milk	5 Chili Cheese Dog whole grain coney bun cowboy-up pinto beans fresh-cut veggie sticks w/ranch fruit n' Jello® choice of milk
8 Breaded Chicken Sandwich whole grain burger bun, pickles crinkle-cut oven potatoes buttered green peas seasonal fresh fruit choice of milk	9 Toasted Cheese Sandwich – three cheeses-whole wheat bread bbq 'charro' pinto beans fresh-cut veggies chilled sliced peaches choice of milk	10 Alfredo's Roast Chicken Pasta whole grain soft roll California veggie medley fresh salad greens w/ranch chilled mixed fruit choice of milk	11 Cheese Pizza Round – on whole grain soft pita crust side Caesar salad w/cROUTONS fresh grape tomatoes seasonal fresh fruit choice of milk	12  Soft Beef Tacos on flour tortillas with cheese green rice/corn, taco side 'salad' seasoned black beans fresh local Texas fruit choice of milk
15 MLK Day	16 Mac & Cheese Bowl – whole grain 'rustic' roll seasoned peas & carrots fresh spinach salad w/italian chilled mixed fruit choice of milk	17 Oven Roasted Lemon Chicken whole grain soft roll red bean rice pilaf fresh salad greens w/ranch chilled peaches choice of milk	18  real Queso Nachos – over whole corn tortilla chips housemade refried beans fresh sliced cucumber w/ranch fruit n' Jello® choice of milk	19 Italian meatball Sub on whole grain coney bun oven baked diced potatoes three bean salad seasonal red grapes choice of milk
22 Popcorn Chicken whole grain soft roll real mashed potatoes seasoned carrot coins seasonal fresh fruit choice of milk	23 Charbroiled Cheeseburger whole grain bun, burger 'salad' oven baked potato wedges fresh-cut veggie sticks w/ranch chilled applesauce choice of milk	24 Cheese Pizza Square on whole grain crust Italian pasta salad fresh salad greens w/ranch chilled mixed fruit choice of milk	25  Frito® Chili Pie our beef chili-cheddar-corn chips smashed pinto beans lettuce/tomato salad, taco sauce fresh local Texas fruit choice of milk	26 No Classes
29 Toasted Cheese Sandwich – three cheeses-whole wheat bread seasoned later tots fresh baby carrots w/ranch seasonal fresh fruit choice of milk	30 Breaded Chicken Nuggets whole grain soft roll garlic mashed potatoes steamed green peas seasonal fresh fruit choice of milk	31  Lone Star BBQ Chicken fresh baked whole cornbread bbq white beans corn n' cabbage slaw salad fresh local Texas melon choice of milk		2

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Fruit & Produce
is seasonally
local sourced

"Sauces, beans, salads, pastas, fresh baked bakery, and the like
are all scratch-cooked in-house with our healthy recipes"

a peanut & pork
free menu

This Month:





Breakfast Menu for Jean Massieu Academy December 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 applesauce cup 100% fruit juice, choice of milk warm raspberry glazed whole grain cinnamon roll ~ --
4	5	6	7	8
chilled cinnamon apples 100% fruit juice or fresh fruit, milk * fruit flavored low fat yogurt cup graham bites or granola --	fresh-cut orange 100% fruit juice, choice of milk * round-top wheat bread & jelly cereal: Cinnamon Toast® medley --	fresh banana 100% fruit juice or fresh fruit, milk * flatcake: baked apple cereal: Trix® Mix --	applesauce cup 100% fruit juice, choice of milk * warm "West, Texas" kolache w/turkey/ham & cheese --	chilled sliced peaches 100% fruit juice, choice of milk * warm flaky Southern biscuit w/beef sausage cream gravy
11	12	13	14	15
chilled sliced pears 100% fruit juice or fresh fruit * fresh baked sausage roll turkey frank-cheese-wg roll --	fresh-cut orange 100% fruit juice, choice of milk * warm whole grain pancakes - with side syrup --	fresh banana choice of milk * breakfast 'slider' burger bun-turkey sausage-chz --	fresh-cut cantaloupe bowl 100% fruit juice or fresh fruit, milk * fruit & yogurt parfait cereal: a 'trio of flakes' --	chilled mixed fruit 100% fruit juice, choice of milk * cinnamon raisin bagel cream cheese & jelly --
18	19	20	21	22
.. Winter Break Winter Break Winter Break Winter Break Winter Break ..
25	26	27	28	29
.. Winter Break Winter Break Winter Break Winter Break Winter Break ..

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Lunch Menu for Jean Massieu Academy

December 2023



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				1 Chili Cheese Dog whole grain coney bun cowboy-up pinto beans fresh-cut veggie sticks w/ranch fruit n' Jello® choice of milk
4 Breaded Chicken Sandwich whole grain burger bun, pickles crinkle-cut oven potatoes buttered green peas seasonal fresh fruit choice of milk	5 Toasted Cheese Sandwich - three cheeses-whole wheat bread bbq 'charro' pinto beans fresh-cut veggies chilled sliced peaches choice of milk	6 Roast Chicken Pasta whole grain 'rustic' roll California veggie medley fresh salad greens w/ranch chilled mixed fruit choice of milk	7 Cheese Pizza Round - on whole grain soft pita crust side Caesar salad w/cROUTONS fresh grape tomatoes seasonal fresh fruit choice of milk	8  Soft Beef Tacos on flour tortillas with cheese cilantro corn rice seasoned black beans fresh local Texas fruit choice of milk
11 State Fair Corn Dog (wg honey battered, chicken) seasoned cheesy tots seasoned green beans fresh local Texas fruit choice of milk	12 Mac & Cheese Bowl - whole grain 'rustic' roll seasoned peas & carrots fresh spinach salad w/Italian chilled mixed fruit choice of milk	13 Oven Roasted Lemon Chicken whole grain soft roll red bean rice pilaf fresh salad greens w/ranch chilled peaches choice of milk	14  real Queso Nachos - over whole corn tortilla chips housemade refried beans fresh sliced cucumber w/ranch fruit n' Jello® choice of milk	15 Italian meatball Sub on whole grain coney bun oven baked diced potatoes three bean salad seasonal red grapes choice of milk
18 ** Winter Break **	19 ** Winter Break **	20 ** Winter Break **	21  ** Winter Break **	22 ** Winter Break **
25 ** Winter Break **	26 ** Winter Break **	27 ** Winter Break **	28 ** Winter Break **	29 ** Winter Break **

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Jean Massieu Academy Breakfast Menu

November 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 chilled applesauce 100% fruit juice or fresh fruit, milk * flatcake: baked apple cereal: 'Trix® Mix' --	2 fresh banana  100% fruit juice, choice of milk * warm 'West, Texas' kolache w/turkey'ham' & cheese --	3 chilled sliced peaches 100% fruit juice, choice of milk * fruit & yogurt parfait cereal: 'apple Os' --
6 chilled sliced pears 100% fruit juice or fresh fruit * fruit flavored <i>low fat</i> yogurt cup Fun and Fitness snack crackers --	7 fresh-cut orange 100% fruit juice, choice of milk * warm whole grain pancakes - with side syrup --	8 fresh banana choice of milk * breakfast 'slider' burger bun-turkey sausage-chz --	9 fresh-cut cantaloupe bowl 100% fruit juice or fresh fruit, milk * whole grain cinnamon roll - with apple cinnamon topping --	10  Student Holiday
13 chilled sliced peaches 100% fruit juice or fresh fruit, milk * French toast sticks - with side syrup --	14 fresh-cut orange 100% fruit juice, choice of milk * round-top wheat bread & jelly that's Life® cereal medley --	15 fresh banana  100% fruit juice, choice of milk * breakfast 6" quesadilla w/egg and skillet beef --	16 fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk * warm flaky wg biscuit - with sunbutter & jelly sides --	17 chilled applesauce 100% fruit juice, choice of milk * Zee Zees® cereal bar cheese stick --
20 Student Holiday	21 Student Holiday	22 Student Holiday	23 	24 Student Holiday
27 chilled applesauce cup 100% fruit juice or fresh fruit, milk * fruit flavored <i>low fat</i> yogurt cup graham bug bites --	28 fresh-cut orange 100% fruit juice, choice of milk * warm whole grain pancakes - with side syrup --	29 fresh banana  100% fruit juice, choice of milk * warm 'Migas' breakfast taquito - egg-cheese-tortilla -corn chips --	30 fresh-cut seasonal melon 100% fruit juice or fresh fruit, milk * warm flaky wg biscuit - with sunbutter & jelly sides --	31

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seasonally
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when
available

Any 'bakery' item is *bake in-house*

a peanut & pork
free menu



All sausage
and ham is
made from
turkey or beef






1% or
Skim Milk



Jean Massieu Academy Lunch Menu

November 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Roast Chicken Pasta whole grain 'rustic' roll California veggie medley fresh salad greens w/ranch chilled mixed fruit choice of milk	2 Cheese Pizza Round ~ on whole grain soft pita crust side Caesar salad w/cROUTONS fresh grape tomatoes seasonal fresh fruit choice of milk	3 Soft Beef Tacos on flour tortillas with cheese cilantro corn rice seasoned black beans fresh local Texas fruit choice of milk
6 State Fair Corn Dog (wg honey battered, chicken) seasoned cheesy tots seasoned green beans fresh local Texas fruit choice of milk	7 Mac & Cheese Bowl ~ whole grain 'rustic' roll seasoned peas & carrots fresh spinach salad w/Italian chilled mixed fruit choice of milk	8 Oven Roasted Lemon Chicken whole grain soft roll red bean rice pilaf fresh salad greens w/ranch chilled peaches choice of milk	9  real Queso Nachos ~ over whole corn tortilla chips housemade refried beans fresh sliced cucumber w/ranch fruit n' Jello® choice of milk	10 Student Holiday
13 Popcorn Chicken whole grain soft roll real mashed potatoes seasoned carrot coins seasonal fresh fruit choice of milk	14 Charbroiled Cheeseburger whole grain bun, burger 'salad' oven baked potato wedges fresh-cut veggie sticks w/ranch chilled applesauce choice of milk	15 Cheese Pizza Square on whole grain crust Italian pasta salad fresh salad greens w/ranch chilled mixed fruit choice of milk	16 Sliced Turkey, Dressing & Gravy real mashed potatoes seasoned green beans rustic dinner rolls w/margarine crumb topped baked peaches choice of milk	17 "Oven-Fried" Chicken-sliced whole grain waffle & syrup baked 4-bean medley seasoned green beans mandarin orange medley choice of milk
20 Student Holiday	21 Student Holiday	22 Student Holiday	23 	24 Student Holiday
27 Charbroiled Hamburger whole grain bun, burger 'salad' oven baked potato wedges fresh baby carrots w/ranch seasonal fresh fruit choice of milk	28 Breaded Chicken Nuggets whole grain soft roll garlic mashed potatoes steamed green peas seasonal fresh fruit choice of milk	29 Spaghetti & Meat Sauce whole grain breadstick fresh zucchini & corn Italiano fresh salad greens w/ranch chilled sliced apples choice of milk	30  real Queso Nachos ~ over whole corn tortilla chips house-made refried beans fresh 'taco' side salad, taco sauce chilled pears in juice choice of milk	

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a peanut & pork
free menu

This Month:





Jean Massieu Academy Breakfast Menu

October 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 chilled diced pears 100% fruit juice or fresh fruit • fruit flavored low fat yogurt cup Fun and Fitness snack crackers	3 fresh-cut orange 100% fruit juice, choice of milk • fruit cereal bar cheese stick	4 fresh banana choice of milk • breakfast 'slider' mini burger bun-turkey sausage	5 fresh-cut cantaloupe bowl 100% fruit juice or fresh fruit, milk • fruit & yogurt parfait cereal: a 'trio of flakes'	6 Professional Day no classes
9 No Classes	10 applesauce cup 100% fruit juice or fresh fruit, milk • fruit flavored low fat yogurt cup graham bites or granola	11  fresh banana 100% fruit juice, choice of milk • breakfast 6" quesadilla w/egg and skillet beef	12 fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk • fruit & yogurt parfait cereal: 'apple Os'	13 chilled pineapple chunks 100% fruit juice, choice of milk • lemon blueberry fresh baked biggie muffin - 
16 chilled sliced peaches 100% fruit juice or fresh fruit, milk • fruit flavored low fat yogurt cup Fun and Fitness snack crackers	17  fresh-cut orange 100% fruit juice, choice of milk • plain bagel with strawberry cream cheese & jelly	18 fresh banana 100% fruit juice, choice of milk • warm wg chicken biscuit with breaded chicken strip	19 fresh-cut pineapple bowl 100% fruit juice or fresh fruit, milk • warm whole grain waffles - with triple berry syrup	20 chilled mixed fruit 100% fruit juice, choice of milk • fruit cereal bar cheese stick
23 chilled diced pears 100% fruit juice or fresh fruit, milk • fruit flavored low fat yogurt cup graham bites or granola	24 fresh-cut orange 100% fruit juice, choice of milk • round-top wheat bread & jelly cereal: 'fruity Os' n' more	25  fresh banana 100% fruit juice, choice of milk • bakery flatcake: Morning Glory cereal bowl: "raisins & Os"	26 fresh-cut seasonal melon 100% fruit juice or fresh fruit, milk • fruit & yogurt parfait cereal: 'Lucky Charms' medley'	27 applesauce cup 100% fruit juice, choice of milk • warm raspberry glazed whole grain cinnamon roll - 
30 chilled cinnamon apples 100% fruit juice or fresh fruit, milk • fruit flavored low fat yogurt cup graham bites or granola	31  fresh-cut orange 100% fruit juice, choice of milk • round-top wheat bread & jelly cereal: Cinnamon Toast* medley			

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1% or
Skim Milk



Jean Massieu Academy Lunch Menu

October 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 State Fair Corn Dog (wg honey battered, chicken) seasoned cheesy tots seasoned green beans fresh local Texas fruit choice of milk	3 Mac & Cheese Bowl - whole grain 'rustic' roll seasoned peas & carrots fresh spinach salad w/Italian chilled mixed fruit choice of milk	4 Oven Roasted Lemon Chicken whole grain soft roll red bean rice pilaf fresh salad greens w/ranch chilled pineapple chunks choice of milk	5 real Queso Nachos - over whole corn tortilla chips housemade refried beans fresh sliced cucumber w/ranch fruit n' Jello® choice of milk	6 Professional Day no classes
9 no Classes	10 Charbroiled Cheeseburger whole grain bun, burger 'salad' oven baked potato wedges fresh-cut veggie sticks w/ranch chilled mixed fruit n' berries choice of milk	11 Cheese Pizza Round ~ on whole grain soft pita crust Italian pasta salad fresh salad greens w/ranch chilled diced pears choice of milk	12  Frito® Chili Pie our beef chili-cheddar-corn chips smashed pinto beans fresh 'taco' salad, taco sauce fresh local Texas fruit choice of milk	13 "Oven-Fried" Chicken-sliced whole grain waffle flt syrup baked 4-bean medley seasoned green beans mandarin orange medley choice of milk
16 Toasted Cheese Sandwich - three cheeses-whole wheat bread seasoned tater tots fresh baby carrots w/ranch seasonal fresh fruit choice of milk	17 Breaded Chicken Nuggets whole grain soft roll garlic mashed potatoes steamed green peas seasonal fresh fruit choice of milk	18  Lone Star BBQ Chicken fresh baked whole cornbread bbq white beans corn n' cabbage slaw salad fresh local Texas melon choice of milk	19 Pepperoni Pizza Square on whole grain crust fresh Roma salad w/Italian and garbanzo beans applesauce cup choice of milk	20 Ranchero Chicken Enchilada shredded chicken-flour tortilla-salsa Southwest diced potatoes confetti corn & black bean saute seasonal red grapes choice of milk
23 Charbroiled Hamburger whole grain bun, burger 'salad' oven baked potato wedges fresh baby carrots w/ranch seasonal fresh fruit choice of milk	24  Smoked Shredded Chicken w/Texas BBQ sauce, 'ranch' roll real mashed potatoes seasoned green beans fresh local Texas fruit choice of milk	25 Spaghetti & Meat Sauce whole grain breadstick fresh zucchini & corn Italiano fresh salad greens w/ranch chilled sliced apples choice of milk	26 real Queso Nachos - over whole corn tortilla chips house-made refried beans fresh 'taco' side salad, taco sauce chilled pineapple chunks choice of milk	27 Chili Cheese Dog whole grain coney bun cowboy-up pinto beans fresh-cut veggie sticks w/ranch fruit n' Jello® choice of milk
30 Breaded Chicken Sandwich whole grain burger bun, pickles crinkle-cut oven potatoes buttered green peas seasonal fresh fruit choice of milk	31 Toasted Cheese Sandwich - three cheeses-whole wheat bread bbq 'charro' pinto beans fresh-cut veggies chilled sliced peaches choice of milk			

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				1 No Classes
4 Labor Day	5 Charbroiled Cheeseburger whole grain bun, pickles oven baked potato wedges fresh baby carrots w/ranch chilled mixed fruit n' berries choice of milk	6 Cheese Pizza Round ~ on whole grain soft pita crust Italian three bean salad fresh salad greens w/ranch fresh seasonal melon choice of milk	7 Frito® Chili Pie our beef chili-cheddar-corn chips smashed pinto beans fresh 'taco' salad, taco sauce fresh local Texas fruit choice of milk	8 "Oven-Fried" Chicken whole grain waffle & syrup baked 4-bean medley seasoned green beans mandarin orange medley choice of milk
11 Breaded Chicken Nuggets whole wheat parkerhouse roll garlic mashed potatoes steamed green peas chilled mixed fruit choice of milk	12 Toasted Cheese Sandwich ~ three cheeses-whole wheat bread seasoned tater tots corn n' cabbage slaw salad seasonal fresh fruit choice of milk	13 Lone Star BBQ Chicken fresh baked whole cornbread bbq white beans fresh-cut vegetable ranch salad fresh local Texas melon choice of milk	14 Pepperoni Pizza Square on whole grain crust fresh Roma salad w/Italian and garbanzo beans seasonal fresh fruit choice of milk	15 Ranchero Chicken Enchilada shredded chicken-flour tortilla-salsa Southwest diced potatoes confetti corn & black bean saute seasonal fresh fruit choice of milk
18 Charbroiled Hamburger whole grain bun, burger 'salad' oven baked potato wedges fresh baby carrots w/ranch seasonal fresh fruit choice of milk	19 Smoked Shredded Chicken w/Texas BBQ sauce, 'ranch' roll real mashed potatoes seasoned green beans fresh local Texas fruit choice of milk	20 Spaghetti & Meat Sauce cheesy garlic breadstick fresh zucchini & corn Italiano fresh salad greens w/ranch seasonal fresh fruit choice of milk	21 real Queso Nachos ~ over whole corn tortilla chips house-made refried beans fresh 'taco' side salad, taco sauce seasonal fresh fruit choice of milk	22 Chili Cheese Dog whole grain coney bun cowboy-up pinto beans fresh-cut veggie sticks w/ranch fruit n' Jello® choice of milk
25 Breaded Chicken Sandwich whole grain burger bun, pickles crinkle-cut oven potatoes buttered green peas seasonal fresh fruit choice of milk	26 Toasted Cheese Sandwich ~ three cheeses-whole wheat bread bbq 'charro' pinto beans fresh-cut veggies seasonal fresh fruit choice of milk	27 Roast Chicken Pasta whole grain 'rustic' roll California veggie medley fresh salad greens w/ranch chilled mixed fruit 'berries' choice of milk	28 Cheese Pizza Round ~ on whole grain soft pita crust side Caesar salad w/croutons fresh grape tomatoes seasonal fresh fruit choice of milk	29 Soft Beef Tacos on flour tortillas with cheese cilantro corn rice seasoned black beans fresh local Texas fruit choice of milk

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				1 no classes 
4 Labor Day	5 chilled applesauce 100% fruit juice or fresh fruit, milk * fruit flavored low fat yogurt cup graham bites or granola	6 GO TEXAN. fresh banana 100% fruit juice, choice of milk * warm breakfast 6" taquito turkey/ham-egg-cheddar	7 fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk * warm flaky biscuit with breaded chicken breast	8 chilled pineapple chunks 100% fruit juice, choice of milk * Zee Zees® cereal bar cheese stick
11 chilled sliced peaches 100% fruit juice or fresh fruit, milk * breakfast 6" quesadilla w/egg and skillet beef	12 GO TEXAN. fresh-cut orange 100% fruit juice, choice of milk * warm "West,Texas' kolache w/turkey/ham' & cheese	13 fresh banana 100% fruit juice, choice of milk * warm wg breakfast biscuit ~ with egg and cheese	14 fresh-cut pineapple bowl 100% fruit juice or fresh fruit, milk * warm whole grain waffles ~ with triple berry syrup	15 chilled mixed fruit 100% fruit juice, choice of milk * fruit cereal bar cheese stick
18 chilled diced pears 100% fruit juice or fresh fruit, milk * warm flaky biscuit w/chicken sausage patty	19 fresh-cut orange 100% fruit juice, choice of milk * round-top wheat bread & jelly cereal: 'fruity Os' n' more	20 GO TEXAN. fresh banana 100% fruit juice, choice of milk * warm 'Migas' breakfast taquito ~ egg-cheese-tortilla -corn chips	21 fresh-cut seasonal melon 100% fruit juice or fresh fruit, milk * warm breakfast bowl ~ shredded hashbrowns-egg-cheese	22 chilled applesauce 100% fruit juice, choice of milk * warm raspberry glazed whole grain cinnamon roll ~ 
25 chilled spiced apples 100% fruit juice or fresh fruit, milk * fruit flavored low fat yogurt cup graham bites or granola	26 GO TEXAN. fresh-cut orange 100% fruit juice, choice of milk * round-top wheat bread & jelly cereal: Cinnamon Toast® medley	27 fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk * warm bagel bite with turkey sausage patty	28 fresh banana 100% fruit juice, choice of milk * fruit cereal bar cheese stick	29 chilled pineapple tidbits 100% fruit juice, choice of milk * fruit & yogurt parfait cereal: 'apple Os'

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August 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31-Jul chilled applesauce 100% fruit juice or fresh fruit, milk * French toast sticks ~ with side syrup - OR - fruit flavored low fat yogurt cup graham bites or granola	1 fresh-cut orange 100% fruit juice, choice of milk * warm whole grain English muffin with turkey sausage patty & cheese - OR - round-top whole wheat bread & jelly that's Life cereal medley	2 fresh banana 100% fruit juice, choice of milk * warm breakfast 6" taquito turkey ham-egg-cheddar - OR - today's bakery flatcake: banana bread cereal bowl: 'Tiger' flakes	3 fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk * warm flaky biscuit with breaded chicken breast - OR - fruit & yogurt parfait cereal bowl: 'apple Os'	4 chilled pineapple chunks 100% fruit juice, choice of milk * lemon blueberry fresh baked biggie muffin ~ - OR - Zee Zees cereal bar cheese stick
7 chilled sliced peaches 100% fruit juice or fresh fruit, milk * breakfast 6" quesadilla w/egg and skillet beef - OR - fruit flavored low fat yogurt cup Fun and Fitness snack crackers	8 fresh-cut orange 100% fruit juice, choice of milk * warm West, Texas kolache w/turkey ham & cheese - OR - cinnamon raisin bagel cream cheese & jelly	9 fresh banana 100% fruit juice, choice of milk * warm wg breakfast biscuit ~ with egg and cheese - OR - today's bakery flatcake: tropical pina cereal bowl: a 'trio of flakes'	10 fresh-cut pineapple bowl 100% fruit juice or fresh fruit, milk * warm whole grain waffles ~ with triple berry syrup - OR - fruit & yogurt parfait cereal bowl: 'Trix mix'	11 chilled mixed fruit 100% fruit juice, choice of milk * cinnamon apple oatmeal ~ with granola crunches - OR - fruit cereal bar cheese stick
14 chilled diced pears 100% fruit juice or fresh fruit, milk * warm flaky biscuit w/chicken sausage patty - OR - fruit flavored low fat yogurt cup graham bites or granola	15 fresh-cut orange 100% fruit juice, choice of milk * round-top whole wheat bread & jelly cereal bowl: 'fruity Os'	16 fresh banana 100% fruit juice, choice of milk * today's bakery flatcake: Morning Glory cereal bowl: 'raisins & Os'	17 fresh-cut seasonal melon 100% fruit juice or fresh fruit, milk * fruit & yogurt parfait cereal bowl: 'Lucky Charms' medley	18 chilled applesauce 100% fruit juice, choice of milk * Zee Zees cereal bar cheese stick
21 chilled spiced apples 100% fruit juice or fresh fruit, milk * warm whole grain waffles ~ with side syrup	22 fresh-cut orange 100% fruit juice, choice of milk * warm (2) mini breakfast tacos ~ refried beans-cheddar cheese-salsa	23 fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk * warm bagel bite with turkey sausage patty	24 fresh banana 100% fruit juice, choice of milk * fruit cereal bar cheese stick	25 chilled pineapple tidbits 100% fruit juice, choice of milk * warm breakfast pita scrambled egg-diced turkey ham-chz
28 chilled diced pears 100% fruit juice or fresh fruit * fruit flavored low fat yogurt cup Fun and Fitness snack crackers	29 fresh-cut orange 100% fruit juice, choice of milk * warm whole grain pancakes ~ with side syrup	30 fresh banana choice of milk * bakery flatcake: carrot spice cereal bowl: Lucky Charms medley	31 fresh-cut cantaloupe bowl 100% fruit juice or fresh fruit, milk * strawberry 'sticky bun' glazed ~ whole grain cinnamon roll	1-Sep no classes

Serving those true tastes, recipes, and traditions of Texas as often as possible...

~ = NonMeat



Fruit is
seasonally
local
sourced,
when
available

Any 'bakery' item is bake in-house

a peanut & pork
free menu



All sausage
and ham is
made from
turkey or beef



1% or
Skim Milk





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Jean Massieu Academy Lunch Menu

August 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31-Jul Oven Roasted Turkey savory gravy, whole wheat roll <i>real</i> mashed potatoes seasoned carrot coins seasonal fresh fruit choice of milk	1 Charbroiled Cheeseburger whole grain bun, burger 'salad' oven baked potato wedges fresh-cut veggie sticks w/ranch chilled mixed fruit n' berries choice of milk	2 Cheese Pizza Round ~ on whole grain soft pita crust Italian three bean salad fresh salad greens w/ranch fresh seasonal melon choice of milk	3 Frito® Chili Pie our beef chili-cheddar-corn chips smashed pinto beans fresh 'taco' salad, taco sauce fresh local Texas fruit choice of milk	4 "Oven-Fried" Chicken whole grain waffle & syrup baked 4-bean medley seasoned green beans mandarin orange medley choice of milk
7 Breaded Chicken Nuggets whole wheat parkerhouse roll garlic mashed potatoes steamed green peas chilled mixed fruit choice of milk	8 Toasted Cheese Sandwich ~ three cheeses-whole wheat bread seasoned later tots corn n' cabbage slaw salad seasonal fresh fruit choice of milk	9  Lone Star BBQ Chicken <i>fresh baked</i> whole cornbread bbq white beans fresh-cut vegetable ranch salad fresh local Texas melon choice of milk	10 Pepperoni Pizza Square on whole grain crust fresh Roma salad w/Italian and garbanzo beans seasonal fresh fruit choice of milk	11 Ranchero Chicken Enchilada shredded chicken-flour tortilla-salsa Southwest diced potatoes confetti corn & black bean saute seasonal fresh fruit choice of milk
14 Charbroiled Hamburger whole grain bun, burger 'salad' oven baked potato wedges fresh baby carrots w/ranch seasonal fresh fruit choice of milk	15  Smoked Shredded Chicken w/Texas BBQ sauce, 'ranch' roll <i>real</i> mashed potatoes seasoned green beans fresh local Texas fruit choice of milk	16 Spaghetti & Meat Sauce cheesy garlic breadstick fresh zucchini & corn Italiano fresh salad greens w/ranch seasonal fresh fruit choice of milk	17 real Queso Nachos ~ over whole corn tortilla chips house-made refried beans fresh 'taco' side salad, taco sauce seasonal fresh fruit choice of milk	18 Chili Cheese Dog whole grain coney bun cowboy-up pinto beans fresh-cut veggie sticks w/ranch fruit n' Jello® choice of milk
21 Breaded Chicken Sandwich whole grain burger bun, pickles crinkle-cut oven potatoes buttered green peas seasonal fresh fruit choice of milk	22 Toasted Cheese Sandwich ~ three cheeses-whole wheat bread bbq 'charro' pinto beans fresh-cut veggies seasonal fresh fruit choice of milk	23 Roast Chicken Pasta whole grain 'rustic' roll California veggie medley fresh salad greens w/ranch chilled mixed fruit 'berries' choice of milk	24 Cheese Pizza Round ~ on whole grain soft pita crust side Caesar salad w/cROUTONS fresh grape tomatoes seasonal fresh fruit choice of milk	25  Soft Beef Tacos on flour tortillas with cheese cilantro corn rice seasoned black beans fresh local Texas fruit choice of milk
28  State Fair Corn Dog (wg honey battered, chicken) seasoned cheesy tots seasoned green beans fresh local Texas fruit choice of milk	29 Mac & Cheese Bowl ~ whole grain 'rustic' roll seasoned peas & carrots fresh spinach salad w/Italian seasonal fresh fruit choice of milk	30 Oven Roasted Lemon Chicken whole wheat garlic parkerhouse roll red bean rice pilaf fresh salad greens w/ranch seasonal fresh fruit choice of milk	31 real Queso Nachos ~ over whole corn tortilla chips housemade refried beans fresh sliced cucumber w/ranch fruit n' Jello® choice of milk	1-Sep Popcorn Chicken Po 'Boy on whole grain coney bun oven baked diced potatoes Creole tomatoes & greens seasonal fresh fruit choice of milk

Serving those true tastes, recipes, and traditions of Texas as often as possible....

~ = NonMeat



Fruit & Produce is seasonally local sourced

"Sauces, beans, salads, pastas, fresh baked bakery, and the like are all scratch-cooked in-house with our healthy recipes"

a peanut & pork free menu

This Month:

