








Jean Massieu Academy Breakfast Menu

November 2021



Monday	TEXAS Tuesday	Wednesday	Thursday	Friday
1 chilled diced pears 100% fruit juice or fresh fruit * fruit flavored <i>low fat</i> yogurt, Fun and Fitness snack crackers	2 fresh-cut orange 100% fruit juice * cinnamon raisin bagel cream cheese & jelly	3 fresh banana 100% fruit juice * Western cheese omelet BoB	4 fresh-cut cantaloupe 100% fruit juice * cinnamon raisin 'monkeybread' cluster	5 chilled sliced peaches 100% fruit juice or fresh fruit * scrambled eggs w/cheddar and shredded hashbrowns
8 chilled applesauce 100% fruit juice or fresh fruit * French toast sticks and turkey sausage, syrup	9  fresh-cut orange 100% fruit juice * sausage breakfast burrito w/beef sausage, egg, cheddar	10 fresh banana 100% fruit juice * warm smoked turkey & Jack breakfast pita	11 chilled pineapple chunks 100% fruit juice or fresh fruit * fruit & yogurt parfait cereal bowl: 'apple Os'	12 fresh-cut fruit cup 100% fruit juice * oven 'fried' chicken on flaky Southern biscuit
15 chilled sliced peaches 100% fruit juice or fresh fruit * fruit flavored <i>low fat</i> yogurt, Fun and Fitness snack crackers	16  fresh-cut orange 100% fruit juice * 'West, Texas' kolache w/turkeyham & cheese	17 fresh banana 100% fruit juice * breakfast quesadilla w/egg and skillet beef	18 fresh-cut cantaloupe 100% fruit juice * warm maple butter 'monkeybread' biscuit	19 chilled sliced apples 100% fruit juice or fresh fruit * whole grain waffle and potato hashbrowns
22	23  *	24	25 	26
29 chilled spiced apples 100% fruit juice or fresh fruit * French toast sticks and turkey sausage, syrup	30  fresh-cut orange 100% fruit juice * breakfast tacos w/refried beans, cheddar	1-Dec chilled pineapple tidbits 100% fruit juice * breakfast pizza bagel bites	2-Dec fresh-cut fruit cup 100% fruit juice * fruit & yogurt parfait cereal bowl: 'apple Os'	3-Dec fresh banana 100% fruit juice or fresh fruit * whole grain waffles w/strawberry topping



All sausage
and ham is
made from
turkey



Fruit is seasonally
local sourced,
when available

Any 'bakery'
item in bake in-
house

'BoB'
"Breakfast on a Bun"
(Whole Grain Bun)




1%
or Skim
Milk



Menu de Desayuno por Jean Massieu Academy

Noviembre 2021



LUNES	MARTES TEXANO	MIERCOLES	JUEVES	VIERNES
1 chilled diced pears jugo de fruta 100% o fruta fresca * yogur con fruta galletas Divertidas y Fitness	2 naranja recien cortada jugo de fruta 100% * bagel de canela y pasas con queso crema y jelly	3 pantano fresco jugo de fruta 100% * tortilla de queso del Suroeste BoB	4 melon recien cortada jugo de fruta 100% * racimon de canela y pasas de 'pan de mono'	5 duraznos en rodajas frio jugo de fruta 100% o fruta fresca * huevos revueltos con queso y patatas 'hashbrowns'
8 pure de manzana frio jugo de fruta 100% o fruta fresca * palitos Franceses y salchicha de pavo, miel	9 naranja recien cortada jugo de fruta 100% * burrito de desayuno con saichicha de carne-huevo-queso	10 pantano fresco jugo de fruta 100% * pavo ahumado & queso Jack en una pita	11 bocaditos de pina fria jugo de fruta 100% o fruta fresca * fruta fresca y yogur y tazon de cereal: la mezcla de manzana O's	12 taza de fruta fresca jugo de fruta 100% * bizcocho de grano entero con pechuga de pollo
15 duraznos en rodajas frio jugo de fruta 100% o fruta fresca * yogur con fruta galletas Divertidas y Fitness	16 naranja recien cortada jugo de fruta 100% * 'West, Texas' kolache con pavo 'jamon y queso	17 pantano fresco jugo de fruta 100% * quesadilla de desayuno con huevo y carne	18 melon recien cortada jugo de fruta 100% * galleta de mantequilla de arce de 'pan de mono'	19 manzanas con especiadas frio jugo de fruta 100% o fruta fresca * waffle grano entero y patatas 'hashbrowns'
22	23	24	25 	26
29 manzanas con especiadas frio jugo de fruta 100% o fruta fresca * palitos Franceses y salchicha de pavo, miel	30 naranja recien cortada jugo de fruta 100% * tacos de desayuno con frijoles y queso	1-Dec bocaditos de pina fria jugo de fruta 100% * pizza de desayuno bagel brocados	2-Dec taza de fruta fresca jugo de fruta 100% * fruta fresca y yogur y tazon de cereal: la mezcla de O's manzana	3-Dec pantano fresco jugo de fruta 100% o fruta fresca * waffles grano entero con salsa de fresa



Toda la salchicha y el jamón están hechos de pavo.



La fruta es estacional de origen local, Cuando esté disponible

Fresca al Hocalquier artículo de panadería se hornea en casero

