



Jean Massieu Academy Breakfast Menu February 2022



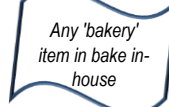
Monday	TEXAS Tuesday	Wednesday	Thursday	Friday
31-Jan chilled sliced pears 100% fruit juice or fresh fruit * flaky Southern biscuit w/turkey sausage patty	1 fresh-cut orange 100% fruit juice * 'Migas' breakfast burrito w/eggs, cheese, tortilla strips	2 fresh banana 100% fruit juice * 'triberry' <i>bakery</i> muffin top cereal bowl: 'raisins & Os'	3 chilled applesauce 100% fruit juice or fresh fruit * strawberry glazed whole grain cinnamon roll	4 fresh-cut seasonal melon 100% fruit juice * warm <i>bakery</i> 'pancake muffin' with turkey sausage crumbles, syrup
7 chilled spiced apples 100% fruit juice or fresh fruit * French toast sticks and turkey sausage, syrup	8 fresh-cut orange 100% fruit juice * breakfast tacos w/refried beans & cheddar	9 chilled pineapple tidbits 100% fruit juice * breakfast pizza bagel with egg, turkey ham, and cheese	10 fresh-cut fruit cup 100% fruit juice * fruit & yogurt parfait cereal bowl: 'apple Os'	11 fresh banana 100% fruit juice or fresh fruit * whole grain waffles w/strawberry fruit topping
14 chilled diced pears 100% fruit juice or fresh fruit * pancake 'slider' with turkey sausage patty & syrup	15 fresh-cut orange 100% fruit juice * <i>fresh bakery</i> Texas 'kolache' stuffed w/turkey 'ham & cheese'	16 fresh banana 100% fruit juice * peach yogurt <i>bakery</i> muffin top cereal bowl: 'raisins & Os'	17 fresh-cut cantaloupe 100% fruit juice * cinnamon raisin 'monkeybread' cluster	18 chilled sliced peaches 100% fruit juice or fresh fruit * scrambled eggs w/cheddar and shredded hashbrowns
21 chilled applesauce 100% fruit juice or fresh fruit * French toast sticks and turkey sausage, syrup	22 fresh-cut orange 100% fruit juice * sausage breakfast taquito w/beef sausage, egg, cheddar	23 fresh banana 100% fruit juice * warm whole grain bagel with turkey 'ham & cheese'	24 chilled pineapple chunks 100% fruit juice or fresh fruit * fruit & yogurt parfait cereal bowl: 'apple Os'	25 fresh-cut fruit cup 100% fruit juice * oven breaded chicken patty on flaky Southern biscuit
28 chilled sliced peaches 100% fruit juice or fresh fruit * breakfast-on-a-bun w/egg patty & cheese	1-Mar fresh-cut orange 100% fruit juice * cinnamon raisin bread (2) with cream cheese & jelly	2-Mar fresh banana 100% fruit juice * breakfast quesadilla w/egg and skillet beef	3-Mar fresh-cut cantaloupe 100% fruit juice * fruit & yogurt parfait cereal bowl: 'Trix® mix'	4-Mar chilled sliced apples 100% fruit juice or fresh fruit * whole grain waffle and potato hashbrowns, syrup



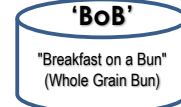
All sausage and ham is made from turkey



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

Febrero 2022



LUNES	MARTES TEXANO	MIÉRCOLES	JUEVES	VIERNES
31-Jan peras en rodajas frio jugo de fruta 100% o fruta fresca * biscocho del Sur con saichicha de pavo	1 noranja recién cortada jugo de fruta 100% * 'Migas' burrito de desayuno con huevos, queso, y tortillas	2 pantano fresco jugo de fruta 100% * panderia de tri-baya y tazón de cereal: pasas y O's	3 pure de manzana frio jugo de fruta 100% * glazeado de fresa rollo de canela	4 melon recién cortada jugo de fruta 100% * panqueque muffin calido con saichicha de pavo y miel
7 manzanas con especiadas frio jugo de fruta 100% o fruta fresca * palitos Franceses y salchicha de pavo, miel	8 noranja recién cortada jugo de fruta 100% * tacos de desayuno con frijoles y queso	9 bocaditos de pina fria jugo de fruta 100% * pizza de desayuno bagel con huevos, pavo 'jamón', y queso	10 taza de fruta fresca jugo de fruta 100% * fruta fresca y yogur y tazón de cereal: la mezcla de O's manzana	11 pantano fresco jugo de fruta 100% o fruta fresca * waffles grano entero con salsa de fresa
14 chilled diced pears jugo de fruta 100% o fruta fresca * pancake 'slider' con saichicha de pavo miel	15 noranja recién cortada jugo de fruta 100% * fresca al horno 'kolache' Texas con pavo 'jamón' y queso	16 pantano fresco jugo de fruta 100% * panderia de yogur de durano y tazón de cereal: pasas y O's	17 melon recién cortada jugo de fruta 100% * racimón de canela y pasas de 'pan de mono'	18 duraznos en rodajas frio jugo de fruta 100% o fruta fresca * huevos revueltos con queso y patatas 'hashbrowns'
21 pure de manzana frio jugo de fruta 100% o fruta fresca * palitos Franceses y salchicha de pavo, miel	22 noranja recién cortada jugo de fruta 100% * taquito de desayuno con saichicha de carne-huevo-queso	23 pantano fresco jugo de fruta 100% * bagel integral con pavo 'jamón' y queso	24 bocaditos de pina fria jugo de fruta 100% o fruta fresca * fruta fresca y yogur y tazón de cereal: la mezcla de manzana O's	25 taza de fruta fresca jugo de fruta 100% * bizcocho de grano entero con pechuga de pollo
28 duraznos en rodajas frio jugo de fruta 100% o fruta fresca * desayuno en on bollo con huevo y queso Americano	1-Mar noranja recién cortada jugo de fruta 100% * pan de canela y pasas (2) con queso crema y jelly	2-Mar pantano fresco jugo de fruta 100% * quesadilla de desayuno con huevo y carne	3-Mar melon recién cortada jugo de fruta 100% * fruta fresca y yogur y tazón de cereal: 'Trix® mix'	4-Mar manzanas con especiadas frio jugo de fruta 100% o fruta fresca * waffle grano entero y patatas 'hashbrowns', miel

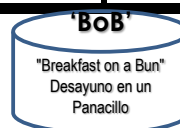


Toda la salchicha y el jamón están



La fruta es estacional de origen local, Cuando esté disponible

Fresca al Hocalquier artículo de panadería se homea en casamo



"Breakfast on a Bun" Desayuno en un Panacillo

