



# Jean Massieu Academy Lunch Menu

## April 2022



MONDAY	TEXAN TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
28-Mar	29-Mar	30-Mar	31-Mar	1
				Mac & Cheese Bowl * fresh baked whole grain roll ~ steamed green peas fresh vegetable ranch salad mandarin oranges
4	5	6	7	8
Homestyle Chicken Bites fresh baked whole wheat roll ~ seasoned green beans fresh grape tomatoes fresh seasonal fruit	Toasted Cheese Sandwich * three melty cheeses-whole wheat ~ <i>real</i> mashed potatoes honey roasted carrots fresh local Texas fruit	Roasted Ranch Chicken fresh baked whole grain roll ~ baked 4-bean medley fresh salad greenz' chilled mixed fruit	Pepperoni Pizza Square on whole grain crust ~ California veggie medley fresh Roma salad w/beans fresh seasonal fruit	'Club Sub' Tortilla Wrap turkeyham-turkey-cheddar, Fritos* ~ sub 'salad' fresh veggies fresh fruit
11	12	13	14	15
Grilled Chicken Patty whole wheat bun, burger 'salad' ~ hashbrown diced potatoes fresh vegetable sticks fresh seasonal fruit	Lone Star BBQ Chicken fresh baked cornbread square ~ bbq white beans seasoned carrot coins fresh local Texas fruit	Cheesy French Bread Pizza * wheat loaf-our sauce-mozzarella ~ Italian seasoned green beans fresh salad greenz' chilled mixed berry fruit	Italian Meatballs (for sub) whole grain bun, mozzarella ~ baked potato wedges cabbage slaw salad pineapple chunks in juice	<i>no classes</i>
18	19	20	21	22
Charbroiled Burger whole wheat bun, burger 'salad' ~ crinkle-cut oven potatoes buttered green peas fresh seasonal fruit	Smoked Shredded Chicken Texas bbq sauce, wheat bread slice ~ Tex-Mex rice w/veggies Texas black-eyed peas fresh local Texas fruit	Sloppy Joe Sliders on soft whole wheat rolls ~ bbq pinto beans fresh vegetable ranch salad chilled fruit mix with strawberries	Toasted Cheese Sandwich * three melty cheeses-whole wheat ~ <i>real</i> mashed potatoes seasoned green beans fresh seasonal fruit	Cheese Pizza Square * on whole grain crust ~ side Caesar salad fresh grape tomatoes fresh seasonal fruit
25	26	27	28	29
Chicken Breast Nuggets fresh baked whole wheat roll ~ <i>real</i> mashed potatoes seasoned carrot coins fresh seasonal fruit	State Fair Corn Dog honey battered chicken dog ~ oven baked tater tots chopped kale salad fresh local Texas fruit	Baked Lemon Chicken fresh baked whole wheat roll ~ herb roasted potatoes seasoned green beans fresh seasonal fruit	Cheese Pizza Round * on whole grain pita crust ~ California vegetable medley Roma salad with white beans chilled mixed fruit	<i>real</i> Nacho Queso * over whole corn tortilla chips ~ Spanish rice w/peas housemade refried beans fresh seasonal fruit

\* = 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



# Menú de Almuerzo por Jean Massieu Academy

## Abril 2022



LUNES	MARTES TEXANO	MIÉRCOLES	JUEVES	VIERNES
28-Marzo	29-Marzo	30-Marzo	31-Marzo	1 Maccarrones con Queso * roll de trigo integral ~ guisantes verde al vapor verduras frescas en rodajas naranjas mandarinas
4 Bocaditos de Pollo roll de trigo integral ~ judias verde sazonadas tomates fresca de uva fruta fresca de temporada	5 Sandwich Tostado de Queso * pan hamburguesa integral ~ pure de papas <i>reales</i> zanahorias asadas con miel fruta fresca local de Tejas	6 Pollo Estilo Rancho rollo de grano entero ~ mezcla de 4 frijoles al horno ensalada verde fresca fruta mixta fria	7 Pizza de Pepperoni Cuadrada en corteza de grano entero ~ mezcla de vegetales California ensalad roma con frijoles blaco fruta fresca de temporada	8 Wrap de Tortilla 'Club Sub' pavo 'jamon, pavo, y cheddar ~ Fritos* veduras fresca fruta fresca
11 Sandwich de Bistec Empanizado con pan integral y ensalada ~ papas picadas al horno palitos vegetals frescos fruta fresca de temporada	12 Pollo a la Barbacoa Lone Star con pan integral ~ frijoles blancos a la barbacoa monedas de zanahoria sazonada fruta fresca local de Tejas	13 Pan de Pizza con Queso * sobre pan Frances de trigo ~ judias verde sazonadas Italianos ensalada verde fresca fruta mixta fria	14 Albondigas Italianas (sub) rollo de grano entero, mozzarella ~ cunas de papas al horno ensalada de repollo pina en juro	15 <i>no hay clases</i>
18 Hamburguesa al Carbon con pan integral y ensalada ~ papas cortadas arrugadas guisantes verde mantaquilla fruta fresca de temporada	19 Pollo Ahumado Desmenuzado TX salsa bbq, fiesta pan con maiz ~ Tex-Mex arroz con vegetales guisante de ojos negros de Tejas fruta fresca local de Tejas	20 Sloppy Joe "Sliders" sobres rollos suaves de trigo ~ bbq frijoles pintos verdura frescas ensalada mezcla de frutas de fresa	21 Sandwich Tostado de Queso * tres quesos-pan integral ~ pure de papas <i>reales</i> judias verde sazonadas fruta fresca de temporada	22 Pizza de Queso Cuadrada * en corteza de grano entero ~ ensalada Caesar tomates fresca de uva fruta fresca de temporada
25 Nuggets de Pollo al Horno rollo de trigo recién horneado ~ pure de papas <i>reales</i> monedas de zanahoria sazonadas fruta fresca de temporada	26 State Fair' Corn Dog pollo perro caliente con miel ~ tater tos horneadas ensalada de col rizada picada fruta fresca local de Tejas	27 Pollo al Limon al Horno rollo de trigo recién horneado ~ sobre patatas asadas de hierbas verduras frescas en rodajas fruta fresca de temporada	28 Ronda de Pizza de Queso * sobre masa de pita integral ~ mezcla de vegetales California ensalad roma con frijoles blaco fruta mixta fria	29 Queso Nacho <i>real</i> * sobre chips de tortilla de maiz ~ Tex-Mex arroz con vegetales frijoles refritos casero fruta fresca de temporada

\* = no carnico



Fruit & Produce  
es de  
temporada local

" Las salsas, frijoles, ensaladas, pastas, panadería recién horneada y similares se cocinan en casa con nuestras recetas saludables "

un menu sin  
cerdo y mani