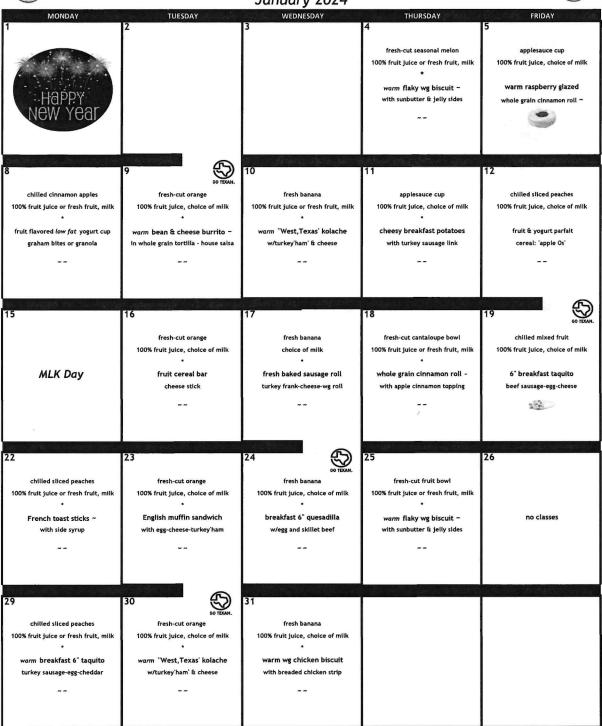
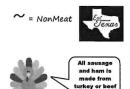


Breakfast Menu for Jean Massieu Academy January 2024





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



Fruit is seasonally local sourced, when available Any 'bakery' item is bake in-house





1% or Skim Milk



Lunch Menu for Jean Massieu Academy January 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy New Year	2	B	real Queso Nachos ~ over whole corn tortilla chips house-made refried beans fresh nacho side 'salad', taco sauce chilled pineapple chunks choice of milk	Chili Cheese Dog whole grain coney bun cowboy-up pinto beans fresh-cut veggie sticks w/ranch fruit n' Jello* choice of milk
Breaded Chicken Sandwich whole grain burger bun, pickles crinkle-cut oven potatoes buttered green peas seasonal fresh fruit choice of milk	Toasted Cheese Sandwich ~ three cheeses-whole wheat bread bbq 'charro' pinto beans fresh-cut veggies chilled sliced peaches choice of milk	Alfredo's Roast Chicken Pasta whole grain soft roll California veggie medley fresh salad greens w/ranch chilled mixed fruit choice of milk	Cheese Pizza Round ~ on whole grain soft pita crust side Caeser salad w/croutons fresh grape tomatoes seasonal fresh fruit choice of milk	Soft Beef Tacos on flour tortillas with cheese green rice/corn, taco side 'salad' seasoned black beans fresh local Texas fruit choice of milk
MLK Day	Mac & Cheese Bowl ~ whole grain rustic roll seasoned peas & carrots fresh spinach salad w/Italian chilled mixed fruit choice of milk	Oven Roasted Lemon Chicken whole grain soft roll red bean rice pilaf fresh salad greens w/ranch chilled peaches choice of milk	real Queso Nachos ~ over whole corn tortilla chips housemade refried beans fresh sliced cucumber w/ranch fruit n' Jello* choice of milk	Italian meatball Sub on whole grain coney bun oven baked diced potatoes three bean salad seasonal red grapes choice of milk
Popcorn Chicken whole grain soft roll real mashed potatoes seasoned carrot coins seasonal fresh fruit choice of milk	Charbroiled Cheeseburger whole grain bun, burger 'salad' oven baked potato wedges fresh-cut veggie sticks w/ranch chilled applesauce choice of milk	Cheese Pizza Square on whole grain crust Italian pasta salad fresh salad greens w/ranch chilled mixed fruit choice of milk	Frito® Chili Pie our beef chili-cheddar-corn chips smashed pinto beans lettuce/tornato salad, taco sauce fresh local Texas fruit choice of milk	26 No Classes
Toasted Cheese Sandwich — three cheeses-whole wheat bread seasoned tater tots fresh baby carrots w/ranch seasonal fresh fruit choice of milk	Breaded Chicken Nuggets whole grain soft roll gartic mashed potatoes steamed green peas seasonal fresh fruit choice of milk	So TEXAN. Lone Star BBQ Chicken fresh boked whole combread bbq white beans corn n' cabbage slaw salad fresh local Texas melon choice of milk		2

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



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 "

Ithy recipes "	a peanut & pork
	free menu
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This Month:			

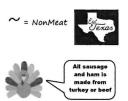


Breakfast Menu for Jean Massieu Academy December 2023

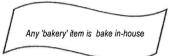


		December 2023		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
i		ł		applesauce cup
			1	100% fruit juice, choice of milk
	ı	l	l	
1	1	ł		warm raspberry glazed
		l		whole grain cinnamon roll ~
				whole grain chinamon for
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7	3	ľ	ľ	ľ
-1411-4 41-11-1-1-1-1-1	fresh aut annua	fresh banana		shilled allered passbos
chilled cinnamon apples	fresh-cut orange		applesauce cup	chilled sliced peaches
100% fruit juice or fresh fruit, milk	100% fruit juice, choice of milk	100% fruit juice or fresh fruit, milk	100% fruit juice, choice of milk	100% fruit juice, choice of milk
1				OMO NOS ON CONTRACTOR OF THE C
fruit flavored low fat yogurt cup	round-top wheat bread & jelly	flatcake: baked apple	warm "West,Texas' kolache	warm flaky Southern biscuit
graham bites or granola	cereal: Cinnamon Toast* medley	cereal: 'Trix® Mix'	w/turkey'ham' & cheese	w/beef sausage cream gravy
~~	_		~~	
Align to Management			grade and the state of the state of	
11	12	13	14	15
				GO TEXAN.
chilled sliced pears	fresh-cut orange	fresh banana	fresh-cut cantaloupe bowl	chilled mixed fruit
100% fruit juice or fresh fruit	100% fruit juice, choice of milk	choice of milk	100% fruit juice or fresh fruit, milk	100% fruit juice, choice of milk
•		•		
fresh baked sausage roll	warm whole grain pancakes -	breakfast 'slider'	fruit & yogurt parfait	cinnamon raisin bagel
turkey frank-cheese-wg roll	with side syrup	burger bun-turkey sausage-chz	cereal: a 'trio of flakes'	cream cheese & jelly
				-
~~.	~~			
18	19	20	21	22
		GO TEXAN.		
		••		**
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
**	**		**	**
COLLAR DESCRIPTION				
25	26	27	28	29
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	I			
••				**
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
}				
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Serving those true tastes, recipes, and traditions of Texas as often as possible....



Fruit is seasonally local sourced, when available







1% or Skim Milk



Lunch Menu for Jean Massieu Academy December 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Chili Cheese Dog whole grain coney bun cowboy-up pinto beans fresh-cut veggie sticks w/ranch fruit n' Jello* choice of milk
Breaded Chicken Sandwich whole grain burger bun, pickles crinkle-cut oven potatoes buttered green peas seasonal fresh fruit choice of milk	Toasted Cheese Sandwich ~ three cheeses-whole wheat bread bbq 'charro' pinto beans fresh-cut veggies chilled sliced peaches choice of milk	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 Caeser salad w/croutons fresh grape tomatoes seasonal fresh fruit choice of milk	Soft Beef Tacos on flour tortillas with cheese cilantro corn rice seasoned black beans fresh local Texas fruit choice of milk
State Fair Corn Dog (wg honey battered, chicken) seasoned cheesy tots seasoned green beans fresh local Texas fruit choice of milk	Mac & Cheese Bowl - whole grain 'rustic' roll seasoned peas & carrots fresh spinach salad w/Italian chilled mixed fruit choice of milk	Oven Roasted Lemon Chicken whole grain soft roll red bean rice pilaf fresh salad greens w/ranch chilled peaches choice of milk	real Queso Nachos - over whole corn tortilla chips housemade refried beans fresh sliced cucumber w/ranch fruit n' Jello* choice of milk	Italian meatball Sub on whole grain coney bun oven baked diced potatoes three bean salad seasonal red grapes choice of milk
** Winter Break **	19 ** Winter Break **	** Winter Break **	21 ** Winter Break **	** Winter Break **
25 ** Winter Break **	26 Winter Break **	27 ** Winter Break **	28 ** Winter Break **	29 ** Winter Break **

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

Jexas	local sourced	
This Month:		

Fruit & Produce

~ = NonMeat

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

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	free menu
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Jean Massieu Academy Breakfast Menu November 2023



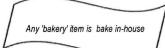
		November 2023		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		chilled applesauce 100% fruit juice or fresh fruit, milk flatcake: baked apple cereal: Trix® Mix'	fresh banana go TDUAN. 100% fruit juice, choice of milk warm "West, Texas' kolache w/turkey'ham' & cheese	chilled sliced peaches 100% fruit juice, choice of milk fruit & yogurt parfait cereal: 'apple Os'
chilled sliced pears 100% fruit juice or fresh fruit fruit flavored low fat yogurt cup Fun and Fitness snack crackers	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 whole grain cinnamon roll ~ with apple cinnamon topping	OO REZAN. Student Holiday
chilled sliced peaches 100% fruit juice or fresh fruit, milk French toast sticks ~ with side syrup	fresh-cut orange 100% fruit juice, choice of milk round-top wheat bread & jelly that's Life® cereal medley	fresh banana oo TEXAN. 100% fruit juice, choice of milk breakfast 6" quesadilla w/egg and skillet beef	fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk	chilled applesauce 100% fruit juice, choice of milk Zee Zees ® cereal bar cheese stick
20 Student Hollday	21 Student Holiday	22. Student Holiday	23	24 Student Holiday
chilled applesauce cup 100% fruit juice or fresh fruit, milk fruit flavored low fat yogurt cup graham bug bites	fresh-cut orange 100% fruit juice, choice of milk * warm whole grain pancakes - with side syrup	fresh banana oo TEXAN. 100% fruit juice, choice of milk * warm 'Migas' breakfast taquito ~ egg-cheese-tortilla -corn chips	fresh-cut seasonal melon 100% fruit juice or fresh fruit, milk * warm flaky wg biscuit - with sunbutter & jelly sides	31

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





Fruit is seasonally local sourced, when available











Jean Massieu Academy Lunch Menu November 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	Roast Chicken Pasta whole grain 'rustic' roll California veggie medley fresh salad greens w/ranch chilled mixed fruit choice of milk	Cheese Pizza Round ~ on whole grain soft pita crust side Caeser salad w/croutons fresh grape tomatoes seasonal fresh fruit choice of milk	Soft Beef Tacos on flour tortillas with cheese cilantro corn rice seasoned black beans fresh local Texas fruit choice of milk
State Fair Corn Dog (wg honey battered, chicken) seasoned cheesy tots seasoned green beans fresh local Texas fruit choice of milk	Mac & Cheese Bowl ~ whole grain 'rustic' roll seasoned peas & carrots fresh spinach salad w/Italian chilled mixed fruit choice of milk	Oven Roasted Lemon Chicken whole grain soft roll red bean rice pilaf fresh salad greens w/ranch chilled peaches choice of milk	real Queso Nachos ~ over whole corn tortilla chips housemade refried beans fresh sticed cucumber w/ranch fruit n' Jello* choice of milk	Student Holiday
13	14	15	16	17
Popcorn Chicken whole grain soft roll real mashed potatoes seasoned carrot coins seasonal fresh fruit choice of milk	Charbroiled Cheeseburger whole grain bun, burger 'salad' oven baked potato wedges fresh-cut veggie sticks w/ranch chilled applesauce choice of milk	Cheese Pizza Square on whole grain crust Italian pasta salad fresh salad greens w/ranch chilled mixed fruit choice of milk	Sliced Turkey, Dressing & Gravy real mashed potatoes seasoned green beans rustic dinner rolls w/magarine crumb topped baked peaches choice of milk	"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 Hollday	23	24 Student Holiday
Charbroiled Hamburger whole grain bun, burger 'salad' oven baked potato wedges fresh baby carrots w/ranch seasonal fresh fruit choice of milk	Breaded Chicken Nuggets whole grain soft roll gartic mashed potatoes steamed green peas seasonal fresh fruit choice of milk	Spaghetti & Meat Sauce whole grain breadstick fresh zucchini & corn Italiano fresh salad greens w/ranch chilled sliced apples choice of milk	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	

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



Fruit & Produce

 \sim = NonMeat

" 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



Jean Massieu Academy Breakfast Menu October 2023

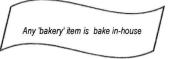


		October 2023		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	WEDNESDAT	I5	6
chilled diced pears 100% fruit juice or fresh fruit fruit flavored low fat yogurt cup Fun and Fitness snack crackers	fresh-cut orange 100% fruit julce, choice of milk • fruit cereal bar cheese stick	fresh banana choice of milk • breakfast 'slider' mini burger bun-turkey sausage	fresh-cut cantaloupe bowl 100% fruit juice or fresh fruit, milk fruit & yogurt parfait cereal: a 'trio of flakes'	Professional Day no classes
9 No Classes	applesauce cup 100% fruit juice or fresh fruit, milk fruit flavored <i>low fat</i> yogurt cup graham bites or granola	fresh banana 100% fruit juice, choice of milk breakfast 6" quesadilla w/egg and skillet beef	fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk fruit & yogurt parfait cereal: 'apple Os'	chilled pineapple chunks 100% fruit juice, choice of milk lemon blueberry fresh baked biggie muffin ~
chilled sliced peaches 100% fruit juice or fresh fruit, milk fruit flavored low fat yogurt cup Fun and Fitness snack crackers	fresh-cut orange 100% fruit juice, choice of milk plain bagel with strawberry cream cheese & jelly	fresh banana 100% fruit juice, choice of milk warm wg chicken biscuit with breaded chicken strip	fresh-cut pineapple bowl 100% fruit juice or fresh fruit, milk	chilled mixed fruit 100% fruit juice, choice of milk fruit cereal bar cheese stick
chilled diced pears 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: 'fruity Os' n' more	fresh banana 100% fruit juice, choice of milk * bakery flatcake: Morning Glory cereal bowl: "raisins & Os"	fresh-cut seasonal melon 100% fruit juice or fresh fruit, milk * fruit & yogurt parfait cereal: 'Lucky Charms' medley'	applesauce cup 100% fruit juice, choice of milk warm raspberry glazed whole grain cinnamon roll ~
chilled cinnamon apples 100% fruit juice or fresh fruit, milk fruit flavored <i>low fat</i> yogurt cup graham bites or granola	fresh-cut orange 100% fruit juice, choice of milk round-top wheat bread & jelly cereal: Cinnamon Toast* medley	8001		

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



Fruit is seasonally local sourced, when available







1% or Skim Mill



Jean Massieu Academy Lunch Menu October 2023



		October 2023		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
State Fair Corn Dog (wg honey battered, chicken) seasoned cheesy tots seasoned green beans fresh local Texas fruit choice of milk	Mac & Cheese Bowl ~ whole grain 'rustic' roll seasoned peas & carrots fresh spinach salad w/Italian chilled mixed fruit choice of milk	Oven Roasted Lemon Chicken whole grain soft roll red bean rice pilaf fresh salad greens w/ranch chilled pineapple chunks choice of milk	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
THE RESIDENCE OF THE PARTY OF	SET CHARLES AND AND THE SET OF SECURITION	THE PERSON NAMED IN COLUMN TWO		and the state of the same of the
9 no Classes	Charbroiled Cheeseburger whole grain bun, burger 'salad' oven baked potato wedges fresh-cut veggie sticks w/ranch	Cheese Pizza Round ~ on whole grain soft pita crust Italian pasta salad fresh salad greens w/ranch	Frito® Chili Pie our beef chili-cheddar-corn chips smashed pinto beans fresh 'taco' salad, taco sauce	"Oven-Fried" Chicken-sliced whole grain waffle & syrup baked 4-bean medley seasoned green beans
[16	chilled mixed fruit n' berries choice of milk	chilled diced pears choice of milk	fresh local Texas fruit choice of milk	mandarin orange medley choice of milk
		SO TEXAN.		
Toasted Cheese Sandwich — three cheeses-whole wheat bread seasoned tater tots fresh baby carrots w/ranch seasonal fresh fruit choice of milk	Breaded Chicken Nuggets whole grain soft roll garlic mashed potatoes steamed green peas seasonal fresh fruit choice of milk	Lone Star BBQ Chicken fresh baked whole combread bbq white beans corn n' cabbage slaw salad fresh local Texas melon choice of milk	Pepperoni Pizza Square on whole grain crust fresh Roma salad w/Italian and garbanzo beans applesauce cup choice of milk	Ranchero Chicken Enchilada shredded chicken-flour tortilla-salsa Southwest diced potatoes confetti corn & black bean saute seasonal red grapes choice of milk
	(5)			
Charbroiled Hamburger whole grain bun, burger 'salad' oven baked potato wedges fresh baby carrots w/ranch seasonal fresh fruit choice of milk	Smoked Shredded Chicken w/Texas BBQ sauce, 'ranch' roll real mashed potatoes seasoned green beans fresh local Texas fruit choice of milk	Spaghetti & Meat Sauce whole grain breadstick fresh zucchini & corn Italiano fresh salad greens w/ranch chilled sliced apples choice of milk	real Queso Nachos ~ over whole corn tortilla chips house-made refried beans fresh 'taco' side salad, taco sauce chilled pineapple chunks choice of milk	Chili Cheese Dog whole grain coney bun cowboy-up pinto beans fresh-cut veggie sticks w/ranch fruit n' Jello* choice of milk
20	124			(大) 10000 数据的图像表示。
Breaded Chicken Sandwich whole grain burger bun, pickles crinkle-cut oven potatoes buttered green peas seasonal fresh fruit choice of milk	Toasted Cheese Sandwich ~ three cheeses-whole wheat bread bbq 'charro' pinto beans fresh-cut veggies chilled sliced peaches choice of milk			

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



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:	_
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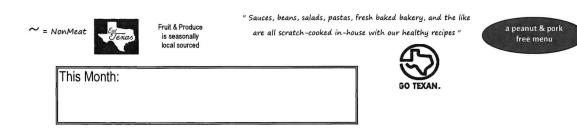


Jean Massieu Academy Lunch Menu September 2023



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

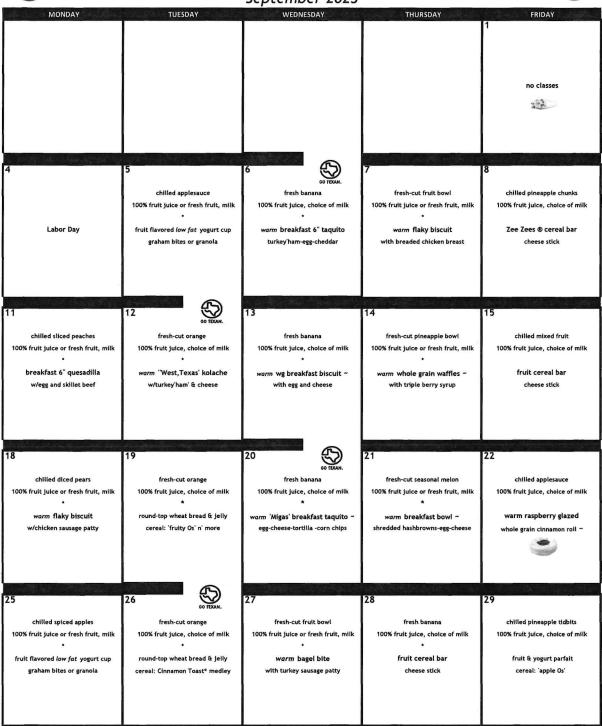
Serving those true tastes, recipes, and traditions of Texas as often as possible....





Jean Massieu Academy Breakfast Menu September 2023

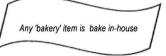




Serving those true tastes, recipes, and traditions of Texas as often as possible....



Fruit is seasonally local sourced, when available











Jean Massieu Academy Breakfast Menu August 2023

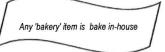


		August 2023		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
chilled applesauce	fresh-cut orange 100% fruit juice, choice of milk	fresh banana 100% fruit juice, choice of milk	fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk	chilled pineapple chunks 100% fruit juice, choice of milk
French toast sticks ~ with side syrup	warm whole grain English muffin with turkey sausage patty & cheese	warm breakfast 6" taquito turkey'ham-egg-cheddar	warm flaky biscuit with breaded chicken breast	lemon blueberry
- or -	~ or ~	~ or ~	~ or ~	~ or ~
fruit flavored fow fat yogurt cup graham bites or granola	round-top whole wheat bread & jelly that's Life® cereal medley	today's bakery flatcake: banana bread cereal bowl: "Tiger® flakes"	fruit & yogurt parfait cereal bowi: 'apple Os'	Zee Zees ® cereal bar cheese stick
	8 SO TEXAN.	9	10	11
chilled sliced peaches 100% fruit juice or fresh fruit, milk	fresh-cut orange 100% fruit juice, choice of milk	fresh banana 100% fruit juice, choice of milk *	fresh-cut pineappie bowl 100% fruit juice or fresh fruit, milk	chilled mixed fruit 100% fruit juice, choice of milk
breakfast 6" quesadilla w/egg and skillet beef	warm "West,Texas' kolache w/turkey'ham' & cheese	warm wg breakfast biscuit ~ with egg and cheese	warm whole grain waffles ~ with triple berry syrup	cinnamon apple oatmeal ~ with granola crunchies
~ or ~	- or -	- or -	~ or ~	- or -
fruit flavored low fat yogurt cup Fun and Fitness snack crackers	cinnamon raisin bagel cream cheese & jelly	today's bakery flatcake: tropical pina cereal bowl: a 'trio of flakes'	fruit & yogurt parfait cereal bowl: "Trix® mix"	fruit cereal bar cheese stick
14	15	16	17	18
chilled diced pears 100% fruit juice or fresh fruit, milk	fresh-cut orange 100% fruit juice, choice of milk	90 TEXAN. fresh banana 100% fruit juice, choice of milk	fresh-cut seasonal melon 100% fruit juice or fresh fruit, milk	chilled applesauce 100% fruit juice, choice of milk
warm flaky biscuit w/chicken sausage patty - or - fruit flavored <i>low fat</i> yogurt cup	round-top whole wheat bread & jelly cereal bowl: 'fruity Os'	today's bakery flatcake: Morning Giory cereal bowl: "raisins & Os'	fruit & yogurt parfait cereal bowl: 'Lucky Charms' medley'	Zee Zees ® cereal bar cheese stick
graham bites or granola	22	23	24	25
chilled spiced apples 100% fruit juice or fresh fruit, milk	60 TDCAN. fresh-cut orange 100% fruit juice, choice of milk	fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk	fresh banana 100% fruit juice, choice of milk	chilled pineapple tidbits 100% fruit juice, choice of milk
warm whole grain waffles ~ with side syrup	warm (2) mini breakfast tacos ~ refried beans-cheddar cheese-salsa	warm bagel bite with turkey sausage patty	fruit cereal bar cheese stick	warm breakfast pita scrambled egg-diced turkey ham-cha
28	29	30	31	1-Sep
chilled diced pears 100% fruit juice or fresh fruit •	fresh-cut orange 100% fruit juice, choice of milk •	fresh banana choice of milk •	fresh-cut cantaloupe bowl 100% fruit juice or fresh fruit, milk •	go TDAN.
fruit flavored <i>low fat</i> yogurt cup Fun and Fitness snack crackers	warm whole grain pancakes ~ with side syrup	bakery flatcake: carrot spice cereal bowl: Lucky Charms® medley	strawberry 'sticky bun' glazed ~ whole grain cinnamon roll	no classes

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



Fruit is seasonally local sourced, when available











Jean Massieu Academy Lunch Menu August 2023



		August 2023		
MONDAY 31-Jul	TUESDAY	WEDNESDAY 2	THURSDAY 3	FRIDAY
Oven Roasted Turkey savory gravy, whole wheat roll real mashed potatoes seasoned carrot coins seasonal fresh fruit choice of milk	Charbroiled Cheeseburger whole grain bun, burger 'satad' oven baked potato wedges fresh-cut veggie sticks w/ranch chilled mixed fruit n' berries choice of milk	Cheese Pizza Round ~ on whole grain soft pita crust Italian three bean salad fresh salad greens w/ranch fresh seasonal melon choice of mllk	Frito® Chili Pie our beef chili-cheddar-corn chips smashed pinto beans fresh taco' salad, taco sauce fresh local Texas fruit choice of milk	"Oven-Fried" Chicken whole grain waffle & syrup baked 4-bean medley seasoned green beans mandarin orange medley choice of milk
7	8	9 GO TEXAN.	10	11
Breaded Chicken Nuggets whole wheat parkerhouse roll gartic mashed potatoes steamed green peas chilled mixed fruit choice of milk	Toasted Cheese Sandwich ~ three cheeses-whole wheat bread seasoned tater tots com n' cabbage slaw salad seasonal fresh fruit choice of milk	Lone Star BBQ Chicken fresh baked whole combread bbq white beans fresh-cut vegetable ranch salad fresh local Texas melon choice of milk	Pepperoni Pizza Square on whole grain crust fresh Roma salad w/Italian and garbanzo beans seasonal fresh fruit choice of milk	Ranchero Chicken Enchilada shredded chicken-flour tortilla-salsa Southwest diced potatoes confetti corn & black bean saute seasonal fresh fruit choice of milk
14	15 GO TEXAN.	16	17	18
Charbroiled Hamburger whole grain bun, burger salad oven baked potato wedges fresh baby carrots w/ranch seasonal fresh fruit choice of milk	Smoked Shredded Chicken w/Texas BBQ sauce, 'ranch' roll real mashed potatoes seasoned green beans fresh local Texas fruit choice of milk	Spaghetti & Meat Sauce cheesy garlic breadstick fresh zucchini & corn Italiano fresh salad greens w/ranch seasonal fresh fruit choice of milk	real Queso Nachos ~ over whole corn tortilla chips house-made refried beans fresh 'taco' side salad, taco sauce seasonal fresh fruit choice of milk	Chili Cheese Dog whole grain coney bun cowboy-up pinto beans fresh-cut veggle sticks w/ranch fruit n' Jello* choice of milk
21	22	23	24	25 00 TEXAN.
Breaded Chicken Sandwich whole grain burger bun, pickles crinkle-cut oven potatoes buttered green peas seasonal fresh fruit choice of milk	Toasted Cheese Sandwich — three cheeses whole wheat bread bbq 'charro' pinto beans fresh-cut veggies seasonal fresh fruit choice of milk	Roast Chicken Pasta whole grain 'rustic' roll California veggie medley fresh salad greens w/ranch chilled mixed fruit 'berries choice of milk	Cheese Pizza Round — on whole grain soft pita crust side Caeser salad w/croutons fresh grape tomatoes seasonal fresh fruit choice of milk	Soft Beef Tacos on flour tortillas with cheese cilantro corn rice seasoned black beans fresh local Texas fruit choice of milk
28 © TEXAN.	29	30	31	1-Sep
State Fair Corn Dog (wg honey battered, chicken) seasoned cheesy tots seasoned green beans fresh local Texas fruit choice of milk	Mac & Cheese Bowl ~ whole grain 'rustic' roll seasoned peas & carrots fresh spinach salad w/Italian seasonal fresh fruit choice of milk	Oven Roasted Lemon Chicken whole wheat gartic parkerhouse roll red bean rice pilaf fresh salad greens w/ranch seasonal fresh fruit choice of milk	real Queso Nachos ~ over whole corn tortilla chips housemade refried beans fresh sliced cucumber w/ranch fruit n' Jello* choice of milk	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....



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

This Month:	=	