



# Jean Massieu Academy Breakfast Menu

## October 2021



Monday	TEXAS Tuesday	Wednesday	Thursday	Friday
<b>27-Sep</b> chilled diced pears 100% fruit juice or fresh fruit • pancake 'sliderwich' with turkey sausage	<b>28-Sep</b> fresh-cut orange 100% fruit juice • 'West, Texas' kolache w/turkey ham & cheese	<b>29-Sep</b> fresh banana 100% fruit juice • Western cheese omelet <b>BoB</b>	<b>30-Sep</b> fresh-cut cantaloupe 100% fruit juice • fruit & yogurt parfait cereal bowl: a 'trio of flakes'	<b>1</b> chilled sliced peaches 100% fruit juice or fresh fruit • scrambled eggs w/cheddar and shredded hashbrowns
<b>4</b> chilled applesauce 100% fruit juice or fresh fruit • French toast sticks and turkey sausage	<b>5</b> fresh-cut orange 100% fruit juice • sausage breakfast burrito w/beef sausage, egg, cheddar	<b>6</b> fresh banana 100% fruit juice • warm smoked turkey & Jack breakfast pita	<b>7</b> chilled pineapple chunks 100% fruit juice or fresh fruit • apple cinnamon glazed whole grain cinnamon roll	<b>8</b> student holiday
<b>11</b> student holiday	<b>12</b> fresh-cut orange 100% fruit juice • 'West, Texas' kolache w/turkeyham & cheese	<b>13</b> fresh banana 100% fruit juice • our bakery: lemon blueberry muffin cereal bowl: a 'trio of flakes'	<b>14</b> fresh-cut cantaloupe 100% fruit juice • maple butter 'monkeybread' biscuit	<b>15</b> chilled sliced apples 100% fruit juice or fresh fruit • whole grain waffle and potato hashbrowns
<b>18</b> chilled sliced pears 100% fruit juice or fresh fruit • flaky Southern biscuit w/turkey sausage patty	<b>19</b> fresh-cut orange 100% fruit juice • 'Migas' breakfast burrito w/eggs, cheese, tortilla strips	<b>20</b> fresh banana 100% fruit juice • turkey ham, egg, & American cheese <b>BoB</b>	<b>21</b> chilled applesauce 100% fruit juice or fresh fruit • strawberry glazed whole grain cinnamon roll	<b>22</b> fresh-cut seasonal melon 100% fruit juice • breakfast 'doggies' pancake/turkey sausage bites
<b>25</b> chilled spiced apples 100% fruit juice or fresh fruit • French toast sticks and turkey sausage	<b>26</b> fresh-cut orange 100% fruit juice • breakfast tacos w/refried beans, cheddar	<b>27</b> chilled pineapple tidbits 100% fruit juice • breakfast pizza bagel bites	<b>28</b> fresh-cut fruit cup 100% fruit juice • mixed berry topped 'sticky bun'	<b>29</b> 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 is bake in-  
house

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

