



Jean Massieu Academy Breakfast Menu

September 2021



Monday	TEXAS Tuesday	Wednesday	Thursday	Friday	
30-Aug chilled applesauce 100% fruit juice or fresh fruit • fruit flavored <i>low fat</i> yogurt, Zee Zees® grahamz®	31-Aug fresh-cut orange 100% fruit juice • sausage breakfast burrito w/beef sausage, egg, cheddar	1 fresh banana 100% fruit juice • warm smoked turkey & Jack breakfast pita	2 chilled pineapple chunks 100% fruit juice or fresh fruit • fruit & yogurt parfait cereal bowl: 'apple Os'	3 fresh-cut fruit cup 100% fruit juice • our bakery: banana bread muffin that's Life® cereal medley	
6		7		8	
Labor Day	 fresh-cut orange 100% fruit juice • cinnamon raisin bread (2) cream cheese & jelly	8 fresh banana 100% fruit juice • our bakery: lemon blueberry muffin cereal bowl: a 'trio of flakes'	9 fresh-cut cantaloupe 100% fruit juice • fruit & yogurt parfait cereal bowl: 'Trix® mix'	10 chilled sliced apples 100% fruit juice or fresh fruit • our bakery: tropical pineapple bar cereal bowl: 'fruity Os'	
13		14		15	
chilled sliced pears 100% fruit juice or fresh fruit • flaky Southern biscuit w/turkey sausage patty	 fresh-cut orange 100% fruit juice • 'Migas' breakfast burrito w/eggs, cheese, tortilla strips	15 fresh banana 100% fruit juice • turkey 'ham, egg, & American cheese BoB	16 chilled applesauce 100% fruit juice or fresh fruit • strawberry glazed whole grain cinnamon roll	17 fresh-cut seasonal melon 100% fruit juice • our bakery: 'Morning Glory' muffin cereal bowl: a 'trio of flakes'	
20		21		22	
chilled spiced apples 100% fruit juice or fresh fruit • French toast sticks and turkey sausage	 fresh-cut orange 100% fruit juice • breakfast tacos w/refried beans, cheddar	22 chilled pineapple tidbits 100% fruit juice • breakfast pizza bagel bites	23 fresh-cut fruit cup 100% fruit juice • mixed berry topped 'sticky bun'	24 fresh banana 100% fruit juice or fresh fruit • our bakery: strawberries n' cream bar cereal bowl: Cinnamon Toast® medley	
27		28		29	
chilled diced pears 100% fruit juice or fresh fruit • pancake 'sliderwich' with turkey sausage	 fresh-cut orange 100% fruit juice • 'West, Texas' kolache w/turkey 'ham & cheese	29 fresh banana 100% fruit juice • Western cheese omelet BoB	30 fresh-cut cantaloupe 100% fruit juice • fruit & yogurt parfait cereal bowl: a 'trio of flakes'	1-Oct chilled sliced peaches 100% fruit juice or fresh fruit • scrambled eggs w/cheddar and shredded hashbrowns	



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)

