



Jean Massieu Academy Lunch Menu

October 2021



MONDAY	TEXAN TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
<p>27-Sep</p> <p>Chicken Breast Nuggets fresh baked whole wheat roll</p> <p>~</p> <p><i>real</i> mashed potatoes seasoned carrot coins fresh seasonal fruit</p>	<p>28-Sep</p> <p>State Fair Corn Dog honey battered chicken dog</p> <p>~</p> <p>oven baked tater tots chopped kale salad fresh local Texas fruit</p>	<p>29-Sep</p> <p>'Sloppy Joe' Baked Potato topped with cheddar cheese</p> <p>~</p> <p>fresh baked whole wheat roll seasoned green beans fresh seasonal fruit</p>	<p>30-Sep</p> <p>Deep Dish Cheese Pizza * round crust-housemade sauce</p> <p>~</p> <p>Italian vegetable medley Roma salad with white beans chilled mixed fruit</p>	<p>1</p> <p><i>real</i> Nacho Queso * over whole corn tortilla chips</p> <p>~</p> <p>Spanish rice w/peas housemade refried pinto beans fresh seasonal fruit</p>
4	5	6	7	8
<p>Charbroiled Hamburger whole wheat bun, burger 'salad'</p> <p>~</p> <p>oven baked potato wedges fresh vegetable sticks fresh seasonal fruit</p>	<p>Frito* Chili Pie our beef chili-cheddar-corn chips</p> <p>~</p> <p>smashed pinto beans fresh 'taco' side salad fresh seasonal fruit</p>	<p>Cheese Pizza Round * on soft whole grain crust</p> <p>~</p> <p>zucchini & cauliflower medley fresh salad greenz' strawberry fruit mix</p>	<p>Latin-Style Chicken with corn tortillas</p> <p>~</p> <p>confetti rice with veggies lime-spiked black beans fresh orange wedges</p>	<p>Student Holiday</p>
11	12	13	14	15
<p>Student Holiday</p>	<p>BBQ Chopped Beef Sandwich on whole grain burger bun</p> <p>~</p> <p><i>real</i> mashed potatoes honey roasted carrots fresh local Texas fruit</p>	<p>Toasted Cheese Sandwich * three melty cheeses-whole wheat</p> <p>~</p> <p>baked 4-bean medley fresh salad greenz' chilled mixed fruit</p>	<p>Pepperoni Pizza Square on whole grain crust</p> <p>~</p> <p>California veggie medley fresh Roma salad w/beans fresh seasonal fruit</p>	<p>Soft Chicken Enchilada chicken-tortilla-ranchero sauce</p> <p>~</p> <p>elote 'corn' & rice cucumber & tomato salad fresh seasonal fruit</p>
18	19	20	21	22
<p>Breakfast for Lunch pancake/syrup-turkey sausage-egg</p> <p>~</p> <p>baked hashbrown diced potatoes fresh baby carrots fresh seasonal fruit</p>	<p>Chili Cheese Dog whole grain coney bun</p> <p>~</p> <p>bbq white beans confetti corn w/cabbage fresh local Texas fruit</p>	<p>Spaghetti & Meat Sauce fresh baked garlic breadstick</p> <p>~</p> <p>Italian vegetable medley fresh salad greenz' chilled mixed berry fruit</p>	<p>Chicken 'Fried' Rice with shredded vegetables</p> <p>~</p> <p>lemon broccoli florets vegetable egg roll pineapple chunks in juice</p>	<p><i>real</i> Nacho Queso * house cheese sauce, wg chips</p> <p>~</p> <p>Southwestern potato 'skillet' cilantro black beans fresh seasonal fruit</p>
25	26	27	28	29
<p>Charbroiled Burger whole wheat bun, burger 'salad'</p> <p>~</p> <p>crinkle-cut oven potatoes buttered green peas fresh seasonal fruit</p>	<p>Cowboy Skillet Tacos * potatoes, chz, corn tortillas</p> <p>~</p> <p>Tex-Mex rice w/veggies Texas black-eyed peas fresh local Texas fruit</p>	<p>Oven 'Fried' Chicken chicken thigh-wg waffle-syrup</p> <p>~</p> <p>bbq pinto beans fresh raw vegetable salad strawberry fruit mix</p>	<p>Toasted Cheese Sandwich * three melty cheeses-whole wheat</p> <p>~</p> <p><i>real</i> mashed potatoes seasoned green beans fresh seasonal fruit</p>	<p>Cheese Gyro-Crust Pizza * on whole grain crust</p> <p>~</p> <p> side Caesar salad fresh grape tomatoes fresh seasonal fruit</p>

* = 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