

Jean Massieu Academy Lunch Menu October 2021



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28-Sep Chicken Breast Nuggets fesh based whole wheat roll red masked potates seasoned crart cains fresh seasonal fruit Charbroiled Hamburger whole wheat ton, bugger stated over based potatoes seasoned fruit Charbroiled Hamburger whole wheat ton, bugger stated over based potatoes seasoned fruit Charbroiled Hamburger whole wheat ton, bugger stated over based potatoes seasoned fruit Charbroiled Hamburger whole wheat ton, bugger stated over based potatoes seasoned fruit Charbroiled Hamburger whole wheat ton, bugger stated fresh seasonal fruit Cheese Pizza Round Cheese Pizza R	MONDAY	TEXAN TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
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Charbrolled Hamburger whole wheat bun, burger saled over based practic wedges fresh vegetable sticks fresh veasonal fruit 11 12	Chicken Breast Nuggets fresh baked whole wheat roll ~ real mashed potatoes seasoned carrot coins	State Fair Corn Dog honey battered chicken dog ~ oven baked tater tots chopped kale salad	'Sloppy Joe' Baked Potato topped with cheddar cheese ~ fresh baked whole wheat roll seasoned green beans	Deep Dish Cheese Pizza * round crust-housemade sauce Italian vegetable medley Roma salad with white beans	over whole corn tortilla chips ~ Spanish rice w/peas housemade refried pinto beans
Student Holiday BBQ Chopped Beef Sandwich on whole grain burger bun real mashed potatoes honey roasted carrots fresh local Texas fruit Breakfast for Lunch pancaker syrup-turkey sausage-ege whole grain coney bun baked hashbrown diced potatoes fresh baked partic breadstick fresh seasonal fruit Breakfast for Lunch pancaker syrup-turkey sausage-ege whole grain coney bun baked hashbrown diced potatoes fresh baked partic breadstick fresh seasonal fruit Breakfast for Lunch pancaker syrup-turkey sausage-ege whole grain coney bun baked hashbrown diced potatoes fresh baked partic breadstick fresh seasonal fruit Breakfast for Lunch pancaker syrup-turkey sausage-ege whole grain coney bun baked hashbrown diced potatoes fresh baked garlic breadstick with shredded vegetables fresh baked garlic breadstick with shredded vegetables lemon broccoll florets wegetable egg roil pineapple chunks in juice Chirchorolled Burger whole wheat bun, burger salad cricken-tortillas chicken thish-way waffle-syrup baked potatoes buttered green peas Tex. Mex rice w/veggles Texas black-eyed peas Tex. Mex rice w/veggles Texas black-eyed peas Texas black-eyed peas Texas black-eyed peas Texas black-eyed peas Texas shack-eyed peas Texas black-eyed peas Texas shack-eyed peas Texas shack-eyed peas Texas black-eyed peas Toasted Cheese Sandwich * three metty cheeses-whole wheat on whole grain crust side Caeser salad fresh grape tomatoes seasoned green beans	whole wheat bun, burger salad ~ oven baked potato wedges fresh vegetable sticks	Frito® Chili Pie our beef chili-cheddar-corn chips ~ smashed pinto beans fresh 'taco' side salad	Cheese Pizza Round * on soft whole grain crust ~ zucchini & cauliflower medley fresh salad greenz	with corn tortillas ~ confetti rice with veggies lime-spiked black beans	
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on whole grain burger bun real mashed potatoes honey roasted carrots fresh local Texas fruit 18 19 Chill Cheese Dog whole grain coney bun baked Ashbarn diced potatoes fresh baked garlic breadstick fresh baked garlic breadstick fresh shalad greenz' chilled mixed fruit 20 Spaghetti & Meat Sauce fresh baked garlic breadstick fresh baked garlic breadstick fresh shalad greenz' chilled mixed fruit To be whole grain coney bun baked hashbrown diced potatoes fresh baked garlic breadstick fresh saasonal fruit 25 Charbroiled Burger whole wheat bun, burger salad crinkle-cut oven potatoes buttered green peas Tex-Mex rice w/veggles blog pinto beans fresh raw vegetable salad Tex-Mex rice w/veggles box on the first and the potatoes buttered green peas Tex-Mex rice w/veggles fresh raw vegetable salad Tex-Mex rice w/veggles buttered green peas Tex-Mex rice w/veggles fresh raw vegetable salad	100	GO TEXAN.	13	14	13
honey roasted carrots fresh local Texas fruit 19	Student Holiday	on whole grain burger bun ~	three melty cheeses-whole wheat ~	on whole grain crust ~	chicken-tortilla-ranchero sauce ~
Breakfast for Lunch pancake/syrup-turkey sausage-egs whole grain coney bun baked hashbrown diced potatoes fresh baby carrots fresh seasonal fruit Chilli Cheese Dog whole grain coney bun baked hashbrown diced potatoes fresh baby carrots fresh seasonal fruit 27 Charbroiled Burger whole wheat bun, burger 'salad' crinkle-cut oven potatoes buttered green peas Chilli Cheese Dog whole grain coney bun fresh baked garlic breadstick litalian vegetable medley fresh baked garlic breadstick lemon broccoli florets vegetable egg roll pineapple chunks in juice real Nacho Queso * house cheese sauce, wg chips Southwestern potato 'skillet' cilantro black beans fresh seasonal fruit 27 28 29 Charbroiled Burger whole wheat bun, burger 'salad' crinkle-cut oven potatoes buttered green peas Tex-Mex rice w/veggles Texs black-eyed peas Texs-Mex rice w/veggles Texs black-eyed peas Texs black-eyed peas Tex wegetable medley fresh baked garlic breadstick with shredded vegetables lemon broccoli florets vegetable egg roll pineapple chunks in juice Toasted Cheese Sandwich * three melty cheeses-whole wheat on whole grain crust Southwestern potato 'skillet' cilantro black beans fresh seasonal fruit Toasted Cheese Sandwich * three melty cheeses-whole wheat seasoned green beans Southwestern potato 'skillet' cilantro black beans fresh seasonal fruit Texal Nacho Queso * house cheese sauce, wg chips Southwestern potato's killet' cilantro black beans fresh seasonal fruit Toasted Cheese Sandwich * three melty cheeses-whole wheat side Caeser salad fresh grape tomatoes		honey roasted carrots	fresh salad greenz	fresh Roma salad w/beans	cucumber & tomato salad
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Charbroiled Burger whole wheat bun, burger 'salad' crinkle-cut oven potatoes buttered green peas Cowboy Skillet Tacos * potatoes, chz, corn tortillas chicken thigh-wg waffle-syrup bbq pinto beans fresh raw vegetable salad fresh raw vegetable salad Cheese Gyro-Crust Pizza * on whole grain crust real mashed potatoes seasoned green beans fresh grape tomatoes	Breakfast for Lunch pancake/syrup-turkey sausage-egg ~ baked hashbrown diced potatoes fresh baby carrots	Chili Cheese Dog whole grain coney bun bbq white beans confetti corn w/cabbage	Spaghetti & Meat Sauce fresh baked garlic breadstick ~ Italian vegetable medley fresh salad greenz'	Chicken 'Fried' Rice with shredded vegetables ~ lemon broccoli florets vegetable egg roll	real Nacho Queso * house cheese sauce, wg chips ~ Southwestern potato 'skillet' cilantro black beans
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		GO TEXAN.	Oven 'Fried' Chicken	Toasted Cheese Sandwich *	Cheese Gyro-Crust Pizza *
Enit & Produce "Sauces, vears, sauas, pastas, fresh bakea vakery, and the	whole wheat bun, burger 'salad'	potatoes, chz, corn tortillas ~ Tex-Mex rice w/veggles Texas black-eyed peas	fresh raw vegetable salad	seasoned green beans	





Fruit & Produce is seasonally local sourced

"Sauces, bears, salads, pastas, iresh bakea bakery, and the like are all scratch-cooked in-house with our healthy recipes a peanut & pork free menu