



# Jean Massieu Academy Lunch Menu

## September 2021



MONDAY	TEXAN TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
<p>30-Aug</p> <p style="text-align: center;"><b>Oven Roasted Turkey</b> savory gravy, whole wheat roll ~ oven baked potato wedges fresh vegetable sticks fresh seasonal fruit</p>	<p>31-Aug</p> <p style="text-align: center;"><b>Frito® Chili Pie</b> our beef chili-cheddar-corn chips ~ smashed pinto beans fresh 'taco' side salad fresh seasonal fruit</p>	<p>1</p> <p style="text-align: center;"><b>Cheese Pizza Round *</b> on soft whole grain crust ~ zucchini &amp; cauliflower medley fresh salad greenz' strawberry fruit mix</p>	<p>2</p> <p style="text-align: center;"><b>Latin-Style Chicken</b> with corn tortillas ~ confetti rice with veggies lime-spiked black beans fresh orange wedges</p>	<p>3</p> <p style="text-align: center;"><b>Mac &amp; Cheese Bowl *</b> fresh baked wheat roll ~ steamed green peas fresh sliced veggies mandarin oranges</p>
<p>6</p> <p style="text-align: center;"><b>Labor Day</b></p>	<p>7</p> <p style="text-align: center;"><b>Texas Country Steak</b> breaded strips-skilllet gravy-roll ~ <i>real</i> mashed potatoes honey roasted carrots fresh local Texas fruit</p>	<p>8</p> <p style="text-align: center;"><b>Toasted Cheese Sandwich *</b> three melty cheeses-whole wheat ~ housemade black-eyed peas fresh salad greenz' chilled mixed fruit</p>	<p>9</p> <p style="text-align: center;"><b>Pepperoni Pizza Square</b> on whole grain crust ~ California veggie medley fresh Roma salad w/beans fresh seasonal fruit</p>	<p>10</p> <p style="text-align: center;"><b>Bean &amp; Cheese Crunch *</b> a burrito with Fritos® ~ elote 'corn' &amp; rice cucumber &amp; tomato salad fresh seasonal fruit</p>
<p>13</p> <p style="text-align: center;"><b>Breaded Steak Sandwich</b> whole wheat bun, LTP 'salad' ~ baked hashbrown diced potatoes fresh baby carrots fresh seasonal fruit</p>	<p>14</p> <p style="text-align: center;"><b>Chili Cheese Dog</b> whole grain coney bun ~ bbq white beans confetti corn w/cabbage fresh local Texas fruit</p>	<p>15</p> <p style="text-align: center;"><b>Spaghetti &amp; Meat Sauce</b> fresh baked garlic breadstick ~ Italian vegetable medley fresh salad greenz' chilled mixed berry fruit</p>	<p>16</p> <p style="text-align: center;"><b>Chicken 'Fried' Rice</b> with shredded vegetables ~ lemon broccoli florets vegetable egg roll pineapple chunks in juice</p>	<p>17</p> <p style="text-align: center;"><i>real</i> <b>Nacho Queso *</b> house cheese sauce, wg chips ~ Southwestern potato 'skilllet' cilantro black beans fresh seasonal fruit</p>
<p>20</p> <p style="text-align: center;"><b>Charbroiled Burger</b> whole wheat bun, burger 'salad' ~ crinkle-cut oven potatoes buttered green peas fresh seasonal fruit</p>	<p>21</p> <p style="text-align: center;"><b>Cowboy Skillet Tacos *</b> potatoes, chz, corn tortillas ~ Tex-Mex rice w/veggies Texas 'caviar' salad fresh local Texas fruit</p>	<p>22</p> <p style="text-align: center;"><b>Oven 'Fried' Chicken</b> chicken thigh-wg waffle-syrup ~ baked 4-bean medley fresh raw vegetable salad strawberry fruit mix</p>	<p>23</p> <p style="text-align: center;"><b>Toasted Cheese Sandwich *</b> three melty cheeses-whole wheat ~ <i>real</i> mashed potatoes seasoned green beans fresh seasonal fruit</p>	<p>24</p> <p style="text-align: center;"><b>Cheese Gyro-Crust Pizza *</b> on whole grain crust ~ side Caesar salad fresh grape tomatoes fresh seasonal fruit</p>
<p>27</p> <p style="text-align: center;"><b>Chicken Breast Nuggets</b> fresh baked whole wheat roll ~ <i>real</i> mashed potatoes seasoned carrot coins fresh seasonal fruit</p>	<p>28</p> <p style="text-align: center;"><b>State Fair Corn Dog</b> honey battered chicken dog ~ oven baked tater tots chopped kale salad fresh local Texas fruit</p>	<p>29</p> <p style="text-align: center;"><b>'Sloppy Joe' Baked Potato</b> topped with cheddar cheese ~ fresh baked whole wheat roll seasoned green beans fresh seasonal fruit</p>	<p>30</p> <p style="text-align: center;"><b>Deep Dish Cheese Pizza *</b> round crust-housemade sauce ~ Italian vegetable medley Roma salad with white beans chilled mixed fruit</p>	<p>1-Oct</p> <p style="text-align: center;"><i>real</i> <b>Nacho Queso *</b> over whole corn tortilla chips ~ Spanish rice w/peas housemade refried pinto beans 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