

Jean Massieu Academy Lunch Menu September 2021



MONDAY TEAN TURSON'S 31-Aug Oven Roasted Turkey savey gray, whale wheat roll oven abused proton weight oven abused proton weight oven abused proton weight resh based with resh seasonal fruit Tean abused of the seasonal fruit Tean abused of the seasonal fruit Tean abused of the seasonal fruit Toasted Cheese Sandwich* Toad		5	eptember 202	1	
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Labor Day Texas Country Steak broaded strips-skillet gray-yrold readed strips-skillet gray-yrold g	Oven Roasted Turkey savory gravy, whole wheat roll ~ oven baked potato wedges fresh vegetable sticks	Frito® Chili Pie our beef chili-cheddar-corn chips ~ smashed pinto beans fresh 'taco' side salad	on soft whole grain crust ~ zucchini & cauliflower medley fresh salad greenz'	Latin-Style Chicken with corn tortillas ~ confetti rice with veggies lime-spiked black beans	Mac & Cheese Bowl * fresh baked wheat roll ~ steamed green peas fresh sliced veggies
Labor Day Texas Country Steak broaded strips-skillet gray-yrold readed strips-skillet gray-yrold g					
breaded strips-skillet gravy-roll real mashed potatoes honey rested carrots fresh local Texas fruit 13 14 So TEXAN. 15 To sted Cheese Sandwich whole wheat bun, LTP salad whole wheat bun, LTP salad green? (resh sabage fresh babed garlic breadstick with shreeded vegetables fresh salad green? chilled mixed brruy fruit place fresh baked sparlic breadstick with shreeded vegetables garlic breadstick with shreeded vegetables with shreeded vegetables fresh baked sparlic breadstick with shreeded vegetables with shreeded vegetables fresh baked sparlic breadstick with shreeded vegetables claim to read the salad green? Childem is present to call fresh seasonal fruit fresh seasonal fruit fresh seasonal fruit three melty cheeses-whole wheat fresh seasonal fruit fre	6	7 GO TEXAN.	8	9	10
Breaded Steak Sandwich whole wheat bun, LTP 'salad' baked prior coney bun baked partic breadstick whole grain coney bun baked partic breadstick presh baby carrots fresh baby carrots fresh baby carrots fresh local Texas fruit 20 21 22 Charbroilled Burger whole wheat bun, burger 'salad' crinkle-cut oven potatoes buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles Texas (caviar' salad fresh local Texas fruit Tex-Mex rice w/veggles Texas (caviar' salad fresh local Texas fruit Tex-Mex rice w/veggles Texas (caviar' salad fresh local Texas fruit Tex-Mex rice w/veggles Texas (caviar' salad fresh local Texas fruit Tex-Mex rice w/veggles Texas (caviar' salad fresh local Texas fruit Tex-Mex rice w/veggles Texas (caviar' salad fresh local Texas fruit Texas (caviar' salad fresh local Texas fruit Texas (caviar' salad fresh local Texas fruit fresh baked whole wheat roil toney battered chicken dog honey battered chicken dog honey battered chicken dog seasoned green beans solution with white beans fresh bousemade refried plint beans housemade refried plint beans fresh bousemade refried plint beans housemade refried plint beans fresh bousemade refried plint beans housemade refried plint beans fresh bousemade refried plint beans fresh based whole wheat roil seasoned green beans housemade refried plint beans fresh bousemade refried plint beans fresh bousemade refried plint beans fresh based whole wheat roil green beans housemade refried plint beans fresh beans housemade refried plint beans fresh be	Labor Day	breaded strips-skillet gravy-roll ~ real mashed potatoes honey roasted carrots	three melty cheeses-whole wheat ~ housemade black-eyed peas fresh salad greenz	on whole grain crust ~ California veggie medley fresh Roma salad w/beans	a burrito with Fritos® ~ elote 'corn' & rice cucumber & tomato salad
Breaded Steak Sandwich whole wheat bun, LTP 'salad' baked prior coney bun baked partic breadstick whole grain coney bun baked partic breadstick presh baby carrots fresh baby carrots fresh baby carrots fresh local Texas fruit 20 21 22 Charbroilled Burger whole wheat bun, burger 'salad' crinkle-cut oven potatoes buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles buttered green peas fresh local Texas fruit Tex-Mex rice w/veggles Texas (caviar' salad fresh local Texas fruit Tex-Mex rice w/veggles Texas (caviar' salad fresh local Texas fruit Tex-Mex rice w/veggles Texas (caviar' salad fresh local Texas fruit Tex-Mex rice w/veggles Texas (caviar' salad fresh local Texas fruit Tex-Mex rice w/veggles Texas (caviar' salad fresh local Texas fruit Tex-Mex rice w/veggles Texas (caviar' salad fresh local Texas fruit Texas (caviar' salad fresh local Texas fruit Texas (caviar' salad fresh local Texas fruit fresh baked whole wheat roil toney battered chicken dog honey battered chicken dog honey battered chicken dog seasoned green beans solution with white beans fresh bousemade refried plint beans housemade refried plint beans fresh bousemade refried plint beans housemade refried plint beans fresh bousemade refried plint beans housemade refried plint beans fresh bousemade refried plint beans fresh based whole wheat roil seasoned green beans housemade refried plint beans fresh bousemade refried plint beans fresh bousemade refried plint beans fresh based whole wheat roil green beans housemade refried plint beans fresh beans housemade refried plint beans fresh be	No. Company State of March 1981 And State of Sta				
Breaded Steak Sandwich whole wheat bun, LTP salad baked hashbrown diced potatoes fresh baby carrots fresh seasonal fruit 20 21 22 23 23 24 Charbroilled Burger whole wheat bun, burger salad crinkle-cut oven potatoes buttered green peas fresh local Texas fruit 22 23 23 24 Cheese Gyro-Crust Pizza on whole grain coney bun baby carrots fresh baby carrots fresh baby carrots fresh seasonal fruit 27 28 28 29 30 1-Oct Peep Dish Cheese Pizza over whole corn tortillish cheedar cheese fresh baus and drust while beans fresh bousenade refried plnto beans fresh bousenade refried plnto beans seasoned green beans shousenade refried plnto beans fresh bousenade refried plnto beans fresh bousenade refried plnto beans housenade refried plnto beans fresh bousenade refried plnto beans housenade refried plnto beans	13	14	15	16	17
Charbroiled Burger whole wheat bun, burger salad crinkle-cut oven potatoes buttered green peas fresh seasonal fruit Chicken Breast Nuggets fresh baked whole wheat roll resh baked vhole wheat roll resh baked vhole wheat roll seasoned carrot coins Charbroiled Burger Cowboy Skillet Tacos * potatoes, chz, corn tortillas chicken thigh-wg waffle-syrup chicken thigh-wg waffle-syrup baked 4-bean medley fresh raw vegetable salad strawberry fruit mix Tex-Mex rice w/veggles Texas 'caviar' salad fresh local Texas fruit Tex-Mex rice w/veggles Texas 'caviar' salad fresh raw vegetable salad strawberry fruit mix Tex-Mex rice w/veggles Texas 'caviar' salad fresh raw vegetable salad strawberry fruit mix Tex-Mex rice w/veggles Texas 'caviar' salad fresh raw vegetable salad strawberry fruit mix Tex-Mex rice w/veggles Texas 'caviar' salad fresh raw vegetable salad strawberry fruit mix Toasted Cheese Sandwich * three melty cheese-shoule wheat roll seasoned green beans 1	whole wheat bun, LTP 'salad' ~ baked hashbrown diced potatoes fresh baby carrots	whole grain coney bun ~ bbq white beans confetti corn w/cabbage	fresh baked garlic breadstick ~ Italian vegetable medley fresh salad greenz'	with shredded vegetables ~ lemon broccoli florets vegetable egg roll	house cheese sauce, wg chips ~ Southwestern potato 'skillet' cilantro black beans
Charbroiled Burger whole wheat bun, burger salad crinkle-cut oven potatoes buttered green peas fresh seasonal fruit Chicken Breast Nuggets fresh baked whole wheat roll resh baked vhole wheat roll resh baked vhole wheat roll seasoned carrot coins Charbroiled Burger Cowboy Skillet Tacos * potatoes, chz, corn tortillas chicken thigh-wg waffle-syrup chicken thigh-wg waffle-syrup baked 4-bean medley fresh raw vegetable salad strawberry fruit mix Tex-Mex rice w/veggles Texas 'caviar' salad fresh local Texas fruit Tex-Mex rice w/veggles Texas 'caviar' salad fresh raw vegetable salad strawberry fruit mix Tex-Mex rice w/veggles Texas 'caviar' salad fresh raw vegetable salad strawberry fruit mix Tex-Mex rice w/veggles Texas 'caviar' salad fresh raw vegetable salad strawberry fruit mix Tex-Mex rice w/veggles Texas 'caviar' salad fresh raw vegetable salad strawberry fruit mix Toasted Cheese Sandwich * three melty cheese-shoule wheat roll seasoned green beans 1	20	(2)	22	23	24
Chicken Breast Nuggets fresh baked whole wheat roll fresh baked potatoes seasoned carrot coins Chicken Breast Nuggets fresh baked whole wheat roll seasoned green beans fresh baked whole which chedder cheese seasoned carrot coins Chicken Breast Nuggets honey battered chicken dog topped with cheddar cheese round crust-housemade sauce over whole corn tortilla chips Fresh baked whole wheat roll seasoned green beans Roma salad with white beans housemade refried pinto beans fresh parenal fruit	Charbroiled Burger whole wheat bun, burger 'salad' ~ crinkle-cut oven potatoes buttered green peas	Cowboy Skillet Tacos * potatoes, chz, corn tortillas ~ Tex-Mex rice w/veggies Texas 'caviar' salad	Oven 'Fried' Chicken chicken thigh-wg waffle-syrup ~ baked 4-bean medley fresh raw vegetable salad	Toasted Cheese Sandwich * three melty cheeses-whole wheat	~ side Caeser salad fresh grape tomatoes
Chicken Breast Nuggets fresh baked whole wheat roll fresh baked potatoes seasoned carrot coins Chicken Breast Nuggets fresh baked whole wheat roll seasoned green beans fresh baked whole which chedder cheese seasoned carrot coins Chicken Breast Nuggets honey battered chicken dog topped with cheddar cheese round crust-housemade sauce over whole corn tortilla chips Fresh baked whole wheat roll seasoned green beans Roma salad with white beans housemade refried pinto beans fresh parenal fruit	POPULATION AND ADMINISTRATION OF THE PARTY.				
	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	real Nacho Queso * over whole corn tortilla chips ~ Spanish rice w/peas housemade refried pinto beans



