



Jean Massieu Academy Lunch Menu

May 2022



MONDAY	TEXAN TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey Dog whole wheat coney bun ~ oven baked potato wedges steamed carrots fresh seasonal fruit	3 Frito® Chili Pie our beef chili-cheddar-corn chips ~ smashed pinto beans fresh 'taco' side salad fresh seasonal fruit	4 Cheese Pizza Round * on whole grain pita crust ~ fresh zucchini/cauliflower Italiano fresh salad greenz' chilled mixed berry fruit	5 Honey Lime Glazed Chicken sliced breast meat, corn tortillas ~ confetti rice with veggies lime-spiked black beans fresh orange wedges	6 Mac & Cheese Bowl * fresh baked whole grain roll ~ steamed green peas fresh vegetable ranch salad mandarin oranges
9 Homestyle Chicken Bites fresh baked whole wheat roll ~ seasoned green beans fresh grape tomatoes fresh seasonal fruit Hummus Bistro Bag * hummus, sunflower seeds, pita wedges, fresh veggies, & fruit	10  Toasted Cheese Sandwich * three melty cheeses-whole wheat ~ <i>real</i> mashed potatoes honey roasted carrots fresh local Texas fruit Smokehouse Chicken'wich bakery roll, Jack cheese, S/W bean salad, fresh veggies & fruit	11 Roasted Ranch Chicken fresh baked whole grain roll ~ baked 4-bean medley fresh salad greenz' chilled mixed fruit Fresh Fruit Lunch Salad * with yogurt, cheese stick, fresh veggies, & whole wheat roll	12 Pepperoni Pizza Square on whole grain crust ~ California veggie medley fresh Roma salad w/beans fresh seasonal fruit Italian Cold Cut Sub bakery wg sub roll, sub 'salad', pasta salad, fresh veggies & fruit	13 Bean & Cheese Crunch * a burrito with Fritos® ~ rice & 'elote-style' corn cucumber & tomato salad fresh seasonal fruit 'Club Sub' Tortilla Wrap turkeyham-turkey-cheddar, Fritos® sub 'salad', fresh veggies & fruit
16 Grilled Chicken Patty whole wheat bun, burger 'salad' ~ hashbrown diced potatoes fresh vegetable sticks fresh seasonal fruit Sunbutter Bistro Bag® * sunbutter, cheese stick, wheat crackers, fresh veggies, & fruit	17  Beef Chili Cheese Dog whole grain coney bun ~ bbq white beans seasoned carrot coins fresh local Texas fruit Fresh Veggie Wrap * veggies-beans-greenz'-cheese Fritos® corn chips & fresh fruit	18 Spaghetti & Meat Sauce fresh baked garlic breadstick ~ Italian seasoned green beans fresh salad greenz' chilled mixed berry fruit Chopped Chef Salad turkeyham-turkey-cheese-greenz', garlic bread stick & fresh fruit	19 Italian Meatballs (for sub) whole grain bun, mozzarella ~ baked potato wedges cabbage slaw salad pineapple chunks in juice Fresh Fruit Lunch Salad * with yogurt, cheese stick, fresh veggies, & whole wheat roll	20 <i>real</i> Nacho Queso * house cheese sauce, wg chips ~ cilantro corn rice seasoned black beans fresh seasonal fruit Turkey & Jack Sandwich whole wheat bread, fresh fruit, cucumber-tomato-bean salad
23 Charbroiled Burger whole wheat bun, burger 'salad' ~ crinkle-cut oven potatoes buttered green peas fresh seasonal fruit	24  Smoked Shredded Chicken Texas bbq sauce, wheat bread slice ~ Tex-Mex rice w/veggies Texas black-eyed peas fresh local Texas fruit	25 Sloppy Joe Sliders on soft whole wheat rolls ~ bbq pinto beans fresh vegetable ranch salad chilled fruit mix with strawberries	26 Box Lunches oven roasted chicken bakery sub ~ potato salad fresh veggies fresh seasonal fruit	27 Last Day of School Box Lunches Italian cold cut bakery sub ~ pasta salad fresh veggies fresh seasonal fruit
30 Memorial Day	31 	1-Jun	2-Jun	3-Jun

* = 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



Menú de Almuerzo por Jean Massieu Academy

Marzo 2022



LUNES	MARTES TEXANO	MIÉRCOLES	JUEVES	VIERNES
2 Perrito Caliente de Pavo con pan integral ~ cunas de papas al horno zanahoria al vapor fruta fresca de temporada	3 Pastel de Chili con Fritos* nuestra chili con carne y cheddar ~ frijoles pintos triturados ensalada 'taco' fresca fruta fresca de temporada	4 Ronda de Pizza de Queso * sobre masa de pita integral ~ zucchini y coliflor 'Parm' ensalada verde fresca mezcla de frutas de fresa	5 Miel Lima Glaseada Pollo con tortillas de maiz ~ arroz confeti con verduras frijoles negros con limon gajos de naranja fresca	6 Maccarrones con Queso * roll de trigo integral ~ guisantes verde al vapor verduras frescas en rodajas naranjas mandarinas
9 Bocaditos de Pollo roll de trigo integral ~ judias verde sazonadas tomates fresca de uva fruta fresca de temporada Bolsa Bistro de Hummus * hummus, semillas de girasol, gajos de pita, verduras y fruta fresca	10  Sandwich Tostado de Queso * pan hamburguesa integral ~ pure de papas <i>reales</i> zanahorias asadas con miel fruta fresca local de Tejas Sandwich de Pollo Ahumado roll de trigo integral-queso, frijoles, verduras y fruta fresca	11 Pollo Estilo Rancho rollo de grano entero ~ mezcla de 4 frijoles al horno ensalada verde fresca fruta mixta fria Ensalada de Fruta Frescas * con yogur, palito de queso, verduras frescas, & rollo integral	12 Pizza de Pepperoni Cuadrada en corteza de grano entero ~ mezcla de vegetales California ensalada roma con frijoles blanco fruta fresca de temporada Sub de Fiambre Italiano sub rollo, sub 'ensalada', pasta, verduras y fruta fresca	13 Crujiente de Frijoles y Queso * un burrito con Fritos® ~ arroz y elote maiz ensalada de pepino y tomate fruta fresca de temporada Wrap de Tortilla 'Club Sub' pavo 'jamon, pavo, y cheddar Fritos, verduras y fruta fresca
16 Sandwich de Bistec Empanizado con pan integral y ensalada ~ papas picadas al horno palitos vegetals frescos fruta fresca de temporada Bolsa Bistro de Sunbutter* mantequilla solar, palito de queso, galletas, verduras y fruta fresca	17  Perro Caliente con Chili y queso, rollo grano entero ~ frijoles blancos a la barbacoa monedas de zanahoria sazonada fruta fresca local de Tejas Tortilla de Verduras Frescas * tortilla de trigo integral, queso Fritos* y frutas fresco	18 Spaghetti & Salsa de Carne palito de pan de ajo ~ judias verde sazonadas Italianos ensalada verde fresca fruta mixta fria Ensalada de Chef Picada pavo-pavo'jamon-queso-verdes palitos de pan, frutas frescas	19 Albondigas Italianas (sub) rollo de grano entero, mozzarella ~ cunas de papas al horno ensalada de repollo pina en juro Ensalada de Fruta Frescas * con yogur, palito de queso, verduras frescas, & rollo integral	20 Queso Nacho <i>real</i> * chips de tortilla grano entero ~ arroz de cilantro y maiz frijoles negros con cilantro fruta fresca de temporada Sandwich de Pavo y Jack pan de trigo integral, frutas fresca ensalada de pepino-tomate-frijoles
23 Hamburguesa al Carbon con pan integral y ensalada ~ papas cortadas arrugadas guisantes verde mantaquilla fruta fresca de temporada	24  Pollo Ahumado Desmenuzado TX salsa bbq, fiesta pan con maiz ~ Tex-Mex arroz con vegetales guisante de ojos negros de Tejas fruta fresca local de Tejas	25 Sloppy Joe "Sliders" sobres rollos suaves de trigo ~ bbq frijoles pintos verdura frescas ensalada mezcla de frutas de fresa	26 Almuerzos de Caja sub de pollo asado al horno ~ ensalada papas verduras fresca fruta fresca de temporada	27 Ultimo Dia de Colegio Almuerzos de Caja sub de fiambre Italiano ~ ensalada pasta verduras fresca fruta fresca de temporada
30 Dia Conmemorativo	31 	1-Jun	2-Jun	3-Jun

* = no carnico



Fruit & Produce es de temporada local

"Las salsas, frijoles, ensaladas, pastas, panadería recién horneada y similares se cocinan en casa con nuestras recetas saludables"

un menu sin cerdo y mani