















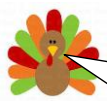


# Jean Massieu Academy Breakfast Menu

## October 2020



Monday	TEXAS Tuesday	Wednesday	Thursday	Friday
<b>Set 28</b> chilled sliced pears 100% fruit juice or fresh fruit * flaky Southern biscuit w/turkey sausage patty	<b>Set 29</b> fresh-cut orange 100% fruit juice * 'Migas' breakfast burrito w/eggs, cheese, tortilla strips	<b>Set 30</b> fresh banana 100% fruit juice * breakfast 'on a stick' pancake/turkey sausage link	<b>1</b> chilled applesauce 100% fruit juice or fresh fruit * fruit & yogurt parfait cereal bowl: 'Trix® Mix'	<b>2</b> fresh-cut seasonal melon 100% fruit juice * turkey 'ham, egg, & American 'BOB' 
<b>5</b> chilled spiced apples 100% fruit juice or fresh fruit * French toast sticks and turkey sausage	<b>6</b>  fresh-cut orange 100% fruit juice * breakfast tacos w/refried beans, cheddar	<b>7</b> chilled pineapple tidbits 100% fruit juice * apple cinnamon crumb muffin 'Kix Kix®' cereal medley 	<b>8</b> fresh-cut fruit cup 100% fruit juice * fruit & yogurt parfait that's Life® cereal medley	<b>9</b> fresh banana 100% fruit juice or fresh fruit * whole grain waffles w/strawberry topping
<b>12</b> chilled diced pears 100% fruit juice or fresh fruit * pancake 'sliderwich' with turkey sausage	<b>13</b>  fresh-cut orange 100% fruit juice * 'West, Texas' kolache w/turkey 'ham & cheese' 	<b>14</b> fresh banana 100% fruit juice * 'cinnamon roll' bakery round cereal bowl: "raisins & Os" 	<b>15</b> fresh-cut cantaloupe 100% fruit juice * baked French toast 'monkeybread' 	<b>16</b> chilled sliced peaches 100% fruit juice or fresh fruit * carrot & spice muffin cereal bowl: 'fruity Os' 
<b>19</b> chilled applesauce 100% fruit juice or fresh fruit * warm smoked turkey & Jack breakfast pita	<b>20</b>  fresh-cut orange 100% fruit juice * sausage breakfast burrito w/beef sausage, egg, cheddar	<b>21</b> fresh banana 100% fruit juice * French toast sticks and turkey sausage	<b>22</b> chilled pineapple chunks 100% fruit juice or fresh fruit * apple cinnamon glazed cinnamon roll 	<b>23</b> fresh-cut fruit cup 100% fruit juice * banana bread 'bakery round' cereal bowl: 'apple Os' 
<b>26</b> chilled sliced peaches 100% fruit juice or fresh fruit * fruit flavored low fat yogurt, cinnamon Teddy grahams	<b>27</b>  fresh-cut orange 100% fruit juice * 'West, Texas' kolache w/turkey 'ham & cheese' 	<b>28</b> fresh banana 100% fruit juice * breakfast quesadilla w/egg and skillet beef	<b>29</b> fresh-cut cantaloupe 100% fruit juice * fruit & yogurt parfait cereal bowl: 'Tiger® flakes'	<b>30</b> chilled sliced apples 100% fruit juice or fresh fruit * trick or treat' bakery bar cereal bowl: 'fruity Os' 



All sausage and ham is made from turkey



Fruit is seasonally local sourced, when available

