









Jean Massieu Academy Lunch Menu

October 2020



MONDAY	TEXAN TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
28-Sep ~ Breakfast for Lunch egg, turkey sausage, pancakes ~ oven-baked diced potatoes fresh baby carrots fresh seasonal fruit ~ Monday Bistro Box sunbutter, cheese, crackers, fresh veggies, & fruit	29-Sep ~ Lone Star BBQ Chicken drumstick, whole wheat bread ~ bbq white beans cabbage slaw with corn fresh local Texas fruit ~ Fresh Veggie Pocket ww pita, veggies, cheese, bean dip & chips, fruit	30-Sep ~ Cheesy Pizza Bread wheat French loaf, our sauce ~ Italian vegetable medley fresh salad greenz' mixed berry fruit pearls ~ Chef's 3-Meat Salad Bowl greenz'/tomatoes, mini pasta, bread stick & fresh fruit	1 ~ Chicken 'Fried' Rice shredded vegetables, eggroll ~ a powerful greens trio Bahn mi matchstick veggies pineapple chunks in juice ~ Fresh Fruit Salad Box with yogurt/cheese stick fresh veggies, & wheat roll	2 ~ Chicken Fajita Burrito tortilla wrap, sweet peppers ~ confetti rice w/veggies lime-spiked black beans fresh seasonal fruit ~ Turkey & Jack Sandwich whole wheat bread, cucumber w/ranch dip, & fresh fruit
5 ~ Charbroiled Burger whole wheat bun, LTP 'salad' ~ sweet potato home-fries buttered green peas mandarin oranges ~ Monday Bistro Box sunbutter, cheese, crackers, fresh veggies, & fruit	6  ~ Cowboy Skillet Tacos potatoes, chz, corn tortillas ~ Tex-Mex rice w/veggies Texas 'caviar' salad fresh local Texas fruit ~ Fresh Fruit Salad Box with yogurt/cheese stick fresh veggies, & wheat roll	7 ~ Oven 'Fried' Chicken thigh, wg waffle, syrup ~ cowboy baked beans fresh raw vegetable salad strawberry fruit pearls ~ Fresh Veggie Pocket ww pita, veggies, cheese, bean dip & chips, fruit	8 ~ Grilled Cheese Sandwich American, cheddar, wheat ~ <i>real</i> mashed potatoes seasoned green beans fresh seasonal fruit ~ Chicken Twister Sub bakery sub roll, L/T/P sub 'salad', fresh veggies, & fruit	9 ~ Cheese Pizza Round on whole grain crust ~ garlic roasted broccoli side Caesar salad fresh seasonal fruit ~ Italian-style Hoagie Sub bakery sub roll, L/T/P sub 'salad', fresh veggies, & fruit
12 ~ Chicken Breast Nuggets fresh baked breadstick ~ <i>real</i> mashed potatoes seasoned carrot coins fresh seasonal fruit ~ Monday Bistro Box sunbutter, cheese, crackers, fresh veggies, & fruit	13  ~ State Fair Corn Dog honey battered chicken dog ~ oven-baked tater tots chopped kale salad fresh local Texas fruit ~ Southwest Chicken Salad chicken, greenz', veggies & beans, tortilla chips, & fruit	14 ~ J's Marinated Chicken oat sub roll, spinach, jack ~ seasoned green beans fresh sliced veggies fresh seasonal fruit ~ Fresh Fruit Salad Box with yogurt/cheese stick fresh veggies, & wheat roll	15 ~ Meaty Marinara Rotini house meat sauce, breadstick ~ Italian vegetable medley fresh Roma salad w/beans citrus fruit pearls ~ Turkey & Jack Sandwich whole wheat bread, cucumber w/ranch dip, & fresh fruit	16 ~ Real Queso Nachos house cheese sauce, wg chips ~ Tex-Mex rice w/veggies housemade refried pinto beans fresh seasonal fruit ~ Roast Chicken Pocket bakery sub roll, L/T/P sub 'salad', fresh veggies, & fruit
19 ~ Roasted Turkey & Gravy fresh baked whole wheat roll ~ oven baked potato wedges fresh vegetable sticks fresh seasonal fruit ~ Monday Bistro Box sunbutter, cheese, crackers, fresh veggies, & fruit	20  ~ Rio Grande Torta refries, cheese, potatoes ~ cilantro black beans fresh-cut taco side salad fresh local Texas fruit ~ Southwest Chicken Wrap chicken, greenz', & salsa ranch fresh veggies, & fruit	21 ~ Spaghetti & Meat Sauce fresh baked garlic breadstick ~ zucchini-cauliflower 'Parm' fresh salad greenz' strawberry fruit pearls ~ Grilled Chicken Caesar greenz', cheese, croutons, bread stick & fresh fruit	22 ~ Beef Nachos Supreme wg chips, salsa, taco salad ~ Tex-Mex brown rice smashed pinto beans fresh seasonal fruit ~ Fresh Fruit Salad Box with yogurt/cheese stick fresh veggies, & wheat roll	23 ~ Chicken Philly Cheesesteak wg sub roll, sweet peppers, chz ~ steamed green peas fresh sliced veggies mandarin oranges ~ 'Deli Classic' Twister Sub turkey, roast beef, cheese fresh veggies, & fruit
26 ~ Homestyle Chicken Bites fresh baked whole wheat roll ~ seasoned green beans fresh grape tomatoes fresh seasonal fruit ~ Monday Bistro Box sunbutter, cheese, crackers, fresh veggies, & fruit	27  ~ Texas Country Steak skillet gravy, ranch roll ~ <i>real</i> mashed potatoes honey roasted carrots fresh local Texas fruit ~ Smokehouse Chicken'wich bakery wheat roll, Jack chz, fresh veggies, & fruit	28 ~ Baked Lemon Chicken fresh baked whole grain roll ~ housemade black-eyed peas fresh salad greenz' citrus fruit pearls ~ Fresh Fruit Salad Box with yogurt/cheese stick fresh veggies, & wheat roll	29 ~ Pepperoni Pizza Square on whole grain crust ~ California veggie medley fresh Roma salad w/beans fresh seasonal fruit ~ Italian-style Hoagie Sub bakery sub roll, L/T/P sub 'salad', fresh veggies, & fruit	30  ~ Stacked Chicken Enchiladas ranchero sauce, corn tortillas ~ elote 'corn' & rice fresh sliced veggies fresh seasonal fruit ~ 'Club Sub' Tortilla Wrap turkeyham, turkey, cheddar, Fritos®, fresh veggies, & fruit

 = 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