



Jean Massieu Academy

Lunch Menu

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Charbroiled Hamburger on WG Bun Seasoned Fries Fresh Carrot Sticks Red Apple	29 Marinara Meatballs w/Spaghetti Seasoned Green Beans Fresh Garden Salad Chilled Lite Diced Peaches	30 Chicken & Cheese Burrito Texas 'Caviar' Bean Salad Steamed Carrot Coins Fresh-Cut Pineapple Wedge	1 Lone Star BBQ Chicken Drumstick w/WG Roll Cowboy Ranch Beans Fresh Celery Sticks Applesauce Cup	2 Cheese Pizza Round (V) Fresh Garden Salad Chilled Lite Mixed Fruit
5 Chicken Corn Dogs Oven Baked Tater Tots Fresh Baby Carrots Red Apple	6 Rotini Mac & Cheese Pasta (V) w/WG Bread Slice Fresh Garden Salad Steamed Carrot Coins Chilled Lite Diced Peaches	7 Chicken Fajita Quesadilla Charro Beans Steamed Cut Corn Fresh Cantaloupe	8 Mandarin Orange Chicken Vegetable Stir-Fry Brown Rice Steamed Broccoli Fruit & Gelatin	9 BBQ Chicken & Jack Torta Sandwich Seasoned Fries Fresh Carrot Sticks Banana
12 Holiday	13 Chicken Tenders & Roll Seasoned Fries Fresh Celery Sticks Red Apple	14 Spaghetti & Meat Sauce Seasoned Green Beans Caesar Side Salad Fresh-Cut Cantaloupe	15 Nacho Cheese n' Chips (V) Refried Beans Fresh Taco Greens Pear Halves	16 Cheese Pizza Round (V) Italian Three Bean Salad Fresh Garden Salad Applesauce Cup
19 Breaded Chicken Patty on WG Bun Steamed Green Peas Fresh Carrot Sticks Red Apple	20 Taco Beef Quesadilla Southwestern Diced Potatoes Seasoned Corn & Black Beans Chilled Lite Diced Peaches	21 Oven-Fried Chicken Drumstick w/WG Roll BBQ Pinto Beans Cabbage Cole Slaw with Corn Fresh Red Grapes	22 Teriyaki Meatballs w/Seasoned Brown Rice Steamed Broccoli, Carrots, & Edamame Applesauce Cup	23 Turkey Sausage Pizza Italian Chopped Salad w/ Beans Pineapple Wedge
26 Toasted Cheese Sandwich (V) Steamed Carrot Coins Fresh Carrot Sticks Red Apple	27 Chicken Nuggets Seasoned Fries Rice & Chickpea Pilaf Chilled Lite Mixed Fruit	28 Alfredo's Roast Chicken Pasta w/WG Roll Steamed Broccoli Ceasar Side Salad Fresh Red Grapes	29 Cheese Dog & Bun Seasoned Green Beans Fresh Veggie Sticks Pear Halves	30 Beef & Cheese Nachos Refried Black Bean Fresh Taco Greens Craisins

Daily Offering:
1% or Skim Milk

(V) = Vegetarian

Serving those true tastes, recipes, and traditions of Texas.

Sauces, Beans, Salads, Pastas, Bakery are all scratch-cooked in house with our healthy recipes.
Produce is Sourced Seasonally and Locally when Available.



Peanut & Pork-Free Menu
All Sausage & Ham is made from Turkey or Beef

Lunch K-12