



Jean Massieu Academy Breakfast Menu

October 2026

28

Fruit Yogurt Cup & Graham Crackers

Pear Halves

29

Cinnamon Raisin Bagel w/ Cream Cheese

Orange

30

Blueberry Lemon Bar & Cheese Stick

Sliced Peaches

1

Our Bakery Strawberry-Glazed Cinnamon Roll (V)

Banana

2

WG Pancakes & Syrup (V)

Cinnamon Apple Slices

5

Fruit Yogurt Cup & Graham Bites

Craisins

6

Our Bakery Sausage Roll

Orange

7

Our Bakery Banana Flatcake w/ Cheerios Cereal

Applesauce Cup

8

Bagel w/ Strawberry Cream Cheese

Banana

9

Strawberry Yogurt Parfait w/ Cheerios

Sliced Lite Pears

12

Holiday

13

Lemon Blueberry Breakfast Bar

Chilled Applesauce Cup

14

Our Bakery Turkey Sausage & Cheese Kolache

Chilled Lite Diced Peaches

15

Blueberry Lemon Bar & Cheese Stick

Banana

16

Cinnamon Raisin Bagel w/ Cream Cheese

Sliced Peaches

19

Cinnamon Crispy Bar & Cheese Stick

Chilled Lite Mixed Fruit

20

Fruit Yogurt Cup & Graham Bites

Banana

21

Sliced Bread w/ Jelly & Matey's Cereal

Sliced Lite Pears

22

Our Bakery Banana Flatcake w/ Cheerios Cereal

Fresh Cantaloupe

23

Blueberry Yogurt Parfait w/ Apple Cinnamon Cheerios

Diced Lite Pears

26

Bagel w/ Strawberry Cream Cheese

Cinnamon Apple Slices

27

Blueberry Muffin & String Cheese

Chilled Lite Diced Peaches

28

Strawbery Crisp Bar & Cheese Stick

Fresh-Cut Cantaloupe

29

Blueberry Yogurt Parfait w/ ZeeZee Grahams

Banana

30

Our Bakery Apple Crumb Flatcake w/ Matey's Cereal

Sliced Lite Pears

Daily Offerings:
100% Fruit Juice
1% or Skim Milk

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

Our Bakery Items are baked fresh in house.
Fruit is Sourced Seasonally and Locally when Available.



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

Breakfast K-12

This institution is an equal opportunity provider.