



Jean Massieu Academy Breakfast Menu

2

**Egg & Cheese
Breakfast-on-a-Bun
(V)**

or

**Fruit Yogurt Cup & Fun
Fitness Crackers**

Pear Halves

3

All Beef Breakfast Pizza

or

**Cinnamon Raisin Bagel w/
Cream Cheese**

Orange

4

**The Texas Breakfast
Taco**

or

**Blueberry Lemon Bar &
Cheese Stick**

Sliced Peaches

5

**Our Bakery Strawberry-
Glazed Cinnamon Roll
(V)**

or

**Mixed Berry Yogurt Parfait
w/ Cheerios**

Banana

6

**WG Pancakes & Syrup
(V)**

or

**Our Bakery Spiced Carrot
Flatcake w/ Matey's
Cereal**

Cinnamon Apple Slices

9

**French Toast Sticks
(V)**

or

**Fruit Yogurt Cup &
Graham Bites**

Craisins

10

Our Bakery Sausage Roll

or

**Sliced Bread w/ Jelly &
Matey's Cereal**

Orange

11

**WG Biscuit w/ Chicken
Tender**

or

**Our Bakery Banana
Flatcake w/ Cheerios
Cereal**
Applesauce Cup

12

**Rio Grande Breakfast
Taco**

or

**Bagel w/ Strawberry Cream
Cheese**

Banana

13

**Our Bakery Peach-
Glazed Cinnamon Roll
(V)**

or

**Strawberry Yogurt Parfait
w/ Cheerios**

Sliced Lite Pears

16

**WG Waffles & Syrup
(V)**

or

**Fruit Yogurt Cup &
ZeeZee Grahams**
Applesauce Cup

17

**The Texas Breakfast
Taco**

**Strawbery Crisp Bar &
Cheese Stick**

Orange

18

**Our Bakery Turkey
Sausage & Cheese
Kolache**

or

**Strawberry Yogurt Parfait
w/ Cheerios**
Chilled Lite Diced Peaches

19

**Breakfast Turkey
Sausage Pizza Bagel**

or

**Blueberry Lemon Bar &
Cheese Stick**

Banana

20

**Egg & Cheese
Breakfast-on-a-Bun
(V)**

or

**Cinnamon Raisin Bagel
w/ Cream Cheese**
Sliced Peaches

23

Holiday

24

Holiday

25

Holiday

26

**Thanksgiving
No School**

27

Holiday

30

**Breakfast Bar & Cereal
Bowl**

Chilled Applesauce Cup

1

**The Houstonian
Breakfast Taco**

or

**Blueberry Muffin & String
Cheese**

Chilled Lite Diced Peaches

2

**Our Bakery Peach
Kolache (V)**

or

**Strawbery Crisp Bar &
Cheese Stick**

Fresh-Cut Cantaloupe

3

**Breakfast Taquito w/
Turkey Sausage**

or

**Blueberry Yogurt Parfait w/
ZeeZee Grahams**

Banana

4

**Turkey Sausage
Biscuit Sandwich**

or

**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