

September Breakfast Menu 2017

Mobile County Public School System

Unflavored low fat , unflavored skim , chocolate or strawberry milk available with each meal.

Menus are subject to change due to deliveries & commodities.

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Week	A	B	C	D	E
Week 4					1 Grilled Cheese Sandwich Grits Fruit Juice Milk
Week 5	4 Labor Day	5 Biscuit with Jelly Chicken Patty Fruit Juice Milk	6 Ham and Cheese Croissant Fruit Juice Milk	7 Pancake on a Stick Fruit Juice Milk	8 Cheez-it Crackers (14202) Cheese Stick Fruit Juice Milk
Week 1	11 Biscuit with Jelly Sausage Patty Fruit Juice Milk	12 Mini Waffles with Syrup Ham Slice Fruit Juice Milk	13 Cereal OR Cereal Bar Fruit Juice Milk	14 Breakfast Sandwich (16114) Fruit Juice Milk	15 Breakfast Bagel (16102) Oatmeal Fruit Juice Milk
Week 2	18 Breakfast Wrap (16111) Grits Fruit Juice Milk	19 Biscuit with Jelly Chicken Patty Fruit Juice Milk	20 Cereal OR Cereal Bar Yogurt Fruit Juice Milk	21 Pancakes with Syrup Sausage Links Fruit Juice Milk	22 Pop Tart Cheese Stick Fruit Juice Milk
Week 3	25 Cinnamon Roll (14026) or Cinnamon Cinnis (14028) Sausage Patty Fruit Juice Milk	26 Breakfast Pizza Oatmeal Fruit Juice Milk	27 Ham and Cheese Croissant Fruit Juice Milk	28 Mini Waffles with Syrup Cheese Stick Fruit Juice Milk	29 Biscuit with Jelly Chicken Patty Fruit Juice Milk