

# Carbohydrate Counting Breakfast Menu 2016-17

## Mobile County Public School System

Unflavored low fat(12), unflavored skim (12), chocolate(22) or strawberry (29) milk available with each meal. Must offer 1/2 cup fresh or canned fruit or 1/4 cup dried fruit and 100% fruit juice daily. Menus are subject to change due to deliveries & commodities.

Week	A	B	C	D	E
<b>Week 1</b>	<i>Biscuit (24)with Jelly(9) Chicken Patty (7) Fruit (15-30) Juice (15) Milk</i>	<i>Ultimate Breakfast Round (44) or Cinnamon Pretzel Stix (30) Yogurt Cup (19) Fruit (15-30) Juice (15)</i>	<i>Breakfast Pizza (27) Grits (31) Fruit (15-30) Juice (15) Milk</i>	<i>1 Cereal Bowl or Pouch (24) Cheese Stick Fruit (15-30)/ Juice (15)</i>	<i>Cinnamon Roll (36)or Cinnamon Cinnis (40) Sausage Patty Fruit (15-30)/ Juice (15) Milk</i>
<b>Week 2</b>	<i>2 Waffle Sticks (28) or Mini Waffles (38) Ham Slice/ Oatmeal (28) Fruit/(15-30)/ Juice (15) Milk</i>	<i>Muffin (19) 1 Cheese Stick Fruit (15-30) Juice (15) Milk</i>	<i>Biscuit (24) with Jelly (9) Sausage Patty Fruit (15-30) Juice (15) Milk</i>	<i>Fruit, Cereal/Granola &amp; Yogurt Parfait (54) 1 Breakfast Bar (24) Juice (15) Milk</i>	<i>Pancake on a Stick (26) Syrup (28) Fruit (15-30) Juice (15) Milk</i>
<b>Week 3</b>	<i>Bagel (25) Cream Cheese (4) Egg/Cheese Omelet Fruit (15-30) Juice (15) Milk</i>	<i>3.95 oz Large Fruit Pocket (49) Yogurt Cup (19) Juice (15)</i>	<i>Grilled Cheese Sandwich (24) or Biscuit (24) with Jelly (9) Chicken Patty (7) Grits (31) Fruit (15-30) Juice (15)</i>	<i>1 Cereal Bar (30) 1 Cheese Stick Fruit (15-30) Juice (15)</i>	<i>Breakfast Wrap (17) or Beef Sausage on Bun (28) Fruit (15-30) Juice (15)</i>
<b>Week 4</b>	<i>Biscuit (24)with Jelly (9) Sausage Patty Fruit (15-30) Juice (15)</i>	<i>1 Pop Tart (38) Cheese Stick Fruit (15-30) Juice (15)</i>	<i>Breakfast Slider (21) Oatmeal (28) Fruit (15-30) Juice (15)</i>	<i>Fruit, Cereal/Granola &amp; Yogurt Parfait (54) 1 Breakfast Bar (24) Juice (15)</i>	<i>4 French Toast Sticks (43) or Mini French Toast (37) Syrup (28) 2 Sausage Links Fruit(15-30)/ Juice (15)</i>
<b>Week 5</b>	<i>Pork Sasuage on Bun (19) or Egg &amp; Cheese on Bun (19) Grits (31) Fruit (15-30) Juice (15)</i>	<i>1 Cereal Bowl or Pouch (24) Yogurt Cup (19) Fruit (15-30)/ Juice (15)</i>	<i>Biscuit (24) with Jelly (9) Chicken Patty (7) Fruit (15-30) Juice (15)</i>	<i>1 Fruit Frudel Strudel Pastry (36) 1 Cheese Stick Fruit (15-30) Juice (15)</i>	<i>2 Pancakes (41) with Syrup (28) or Mini Pancakes (35) Sausage Patty Fruit (15-30)/ Juice (15)</i>