

# April 2018

## MOBILE COUNTY PUBLIC SCHOOL SYSTEM

### BREAKFAST



The US Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program.



Fruit Juice served daily with each meal  
Fresh or Canned Fruit served daily with each meal  
Unflavored low fat milk served daily with each meal  
\*Menus are subject to change due to deliveries & commodities



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



3A: Pancakes (Pups)  
Ham Slice  
Yogurt  
Fruit  
Fruit Juice  
Milk (Variety Flavor)

3B: Croissant or Biscuit w/Jelly  
Sausage Patty/Link  
Eggs (Managers Choice)  
Fruit  
Fruit Juice  
Milk (Variety Flavor)

3C: Pop-tart &  
Cereal (Cereal Bar)  
Yogurt  
Fruit  
Fruit Juice  
Milk (Variety Flavor)

3D: Doughnut, Muffin or Biscuit  
w/Jelly  
Chicken Patty  
Fruit  
Fruit Juice  
Milk (Variety Flavor)

3E: Waffles or Mini Waffles  
Sausage Patty/Link  
Syrup or  
Cereal (Cereal Bar)  
Fruit/Fruit Juice  
Milk (Variety Flavor)

4A: Grits  
Chicken or Sausage Patty/Link  
Fruit/Fruit Juice  
Milk (Variety Flavor)  
Managers Choice: Grill Cheese Toast or  
Cheese Quesadilla

4B: Cinnamon Roll, Croissant or  
Biscuit w/Jelly  
Ham Slice  
\*Optional Cheese Slice\*  
Fruit/Fruit Juice  
Milk (Variety Flavor)

4C: Pancakes (pup, on a stick)  
Chicken or Sausage Patty/Link  
Syrup or  
Cereal (Cereal Bar)  
Fruit/Fruit Juice  
Milk (Variety Flavor)

4D: Breakfast Pizza or Sandwich  
Grits or Oatmeal w/Baked Apples  
Fruit  
Fruit Juice  
Milk (Variety Flavor)

4E: Cereal (Bowl or Pouch) or  
Biscuit  
Egg & Cheese Omelet  
Jelly  
Fruit/Fruit Juice  
Milk (Variety Flavor)

5A: Biscuit  
Sausage Patty/Link  
Hash Browns  
Jelly  
Fruit/Fruit Juice  
Milk (Variety Flavor)

5B: Chicken, Sausage Patty/Link  
Pancakes, French Toast or Waffles  
or Mini Waffles  
Syrup  
Fruit/Fruit Juice  
Milk (Variety Flavor)

5C: Cinnamon Roll, Croissant or  
Biscuit w/Jelly  
Ham Slice or  
Cereal (Cereal Bar)  
Fruit/Fruit Juice  
Milk (Variety Flavor)

5D: Biscuit w/Jelly  
Chicken or Sausage Patty/Link  
Cheese Grits  
Fruit  
Fruit Juice  
Milk (Variety Flavor)

5E: Pop Tart &  
Cereal  
Yogurt  
Fruit  
Fruit Juice  
Milk (Variety Flavor)

1A: Cinna Minis/Cinnamon Roll  
Chicken or Sausage Patty/Link or  
Cereal Bowl or Pouch  
Fruit  
Fruit Juice  
Milk (Variety Flavor)

