

## August 2016 Breakfast

### Mobile County Public School System

**Unflavored low fat , unflavored skim , chocolate or strawberry 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
1	8  Professional Development	9  Work Day	10  Breakfast Pizza Grits Fruit Juice Milk	11  Cereal Bowl or Pouch (1) Cheese Stick Fruit/ Juice Milk	12  Cinnamon Roll or Bun or Cinnamon Cinnis Sausage Patty Fruit/ Juice Milk
2	15  Waffle Sticks (2) or Mini Waffles Ham Slice/ Oatmeal Fruit/ Juice Milk	16  Breakfast Bar (1) Cheese Stick (1) Fruit Juice Milk	17  Biscuit with Jelly Sausage Patty Fruit Juice Milk	18  Fruit, Cereal/Granola & Yogurt Parfait Muffin Juice Milk	19  Pancake on a Stick Syrup Fruit Juice Milk
3	22  Bagel/Cream Cheese Egg/Cheese Omelet Fruit Juice Milk	23  Fruit Pocket (3.95 oz.) Yogurt Cup Juice Milk	24  Grilled Cheese Sandwich Grits Fruit Juice Milk	25  Cereal Bar (1) Cheese Stick (1) Fruit/ Juice Milk	26  Beef Sausage on Bun Fruit Juice Milk
4	29  Biscuit with Jelly Sausage Patty Fruit Juice Milk	30  Pop Tart (1) Cheese Stick (1) Fruit Juice Milk	31  Breakfast Slider Oatmeal Fruit Juice Milk		