

**December 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				1 Cereal Bowl or Pouch (1) Cheese Stick Fruit/ Juice	2 Cinnamon Roll or Bun or Cinnamon Cin- nis Sausage Patty Fruit/ Juice
2	5 Waffle Sticks (2) or Mini Waffles Ham Slice/ Oatmeal Fruit/ Juice	6 Breakfast Bar (1) Cheese Stick (1) Fruit Juice	7 Biscuit with Jelly Sausage Patty Fruit Juice	8 Fruit, Cereal/Granola & Yogurt Parfait Muffin Juice	9 Pancake on a Stick Syrup Fruit Juice
3	12 Bagel/Cream Cheese Egg/Cheese Omelet Fruit Juice	13 Fruit Pocket (3.95 oz.) Yogurt Cup Juice Milk	14 Grilled Cheese Sandwich Grits Fruit Juice Milk	15 Cereal Bar (1) Cheese Stick (1) Fruit/ Juice Milk	16 Beef Sausage on Bun Fruit Juice
	19	20	21	22	23
	26	27	28	29	30
Christmas Break					