

**January 2017 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.**

<b>Week</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
4	2 CNP Cleaning Day	3 CNP Cleaning Day	4 Breakfast Slider Pizza Oatmeal Fruit Juice Milk	5 Fruit, Cereal/Granola & Yogurt Parfait Breakfast Bar Juice Milk	6 French Toast Sticks (4) or Mini French Toast Syrup Sausage Links (2) Fruit/ Juice/Milk
5	9 Pork Sausage on Bun OR Egg & Cheese on Bun Grits Fruit Juice	10 Cereal Bowl or Pouch 1 Yogurt Cup Fruit/ Juice Milk	11 Biscuit with Jelly Chicken Patty Fruit Juice Milk	12 Fruit Frudel Strudel Pastry Cheese Stick (1) Fruit Juice Milk	13 Pancakes (2) with Syrup or Mini Pancakes Sausage Patty Fruit/ Juice Milk
1	16 Martin Luther King, Jr. Day	17 Ultimate Breakfast Round OR Cinnamon Pretzel Stick Yogurt Cup Fruit Juice	18 Breakfast Pizza Grits Fruit Juice Milk	19 Cereal Bowl or Pouch 1 Cheese Stick Fruit/ Juice Milk	20 Cinnamon Roll or Cinnamon Cinnis Sausage Patty Fruit/ Juice Milk
2	23 Waffle Sticks (2) or Mini Waffles Ham Slice/ Oatmeal Fruit/ Juice Milk	24 Muffin Cheese Stick (1) Fruit Juice Milk	25 Biscuit with Jelly Sausage Patty Fruit Juice Milk	26 Fruit, Cereal/Granola & Yogurt Parfait Breakfast Bar Juice Milk	27 Pancake on a Stick Syrup Fruit Juice Milk
3	30 Bagel/Cream Cheese Egg/Cheese Omelet Fruit Juice Milk	31 Fruit Pocket (3.95 oz.) Yogurt Cup Juice Milk			