

**November 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.**

<b>Week</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
3		1 Fruit Pocket (3.95 oz.) Yogurt Cup Juice Milk	2 Grilled Cheese Sandwich Grits Fruit Juice Milk	3 Cereal Bar (1) Cheese Stick (1) Fruit/ Juice Milk	4 Beef Sausage on Bun Fruit Juice Milk
4	7 Fruit Pocket (3.95 oz.) Yogurt Cup Juice Milk	8 Grilled Cheese Sandwich Grits Fruit Juice Milk	9 Cereal Bar (1) Cheese Stick (1) Fruit/ Juice	10 Beef Sausage on Bun Fruit Juice	11 <b>Veteran's Day</b>
5	14 Egg & Cheese on Bun Grits Fruit Juice	15 Cereal Bowl or Pouch 1 Yogurt Cup Fruit Juice Milk	16 Biscuit with Jelly Chicken Patty Fruit Juice	17 Frudel Pastry (1) Cheese Stick (1) Fruit Juice	18 Pancakes (2) with Syrup or Mini Pancakes Sausage Patty Fruit/ Juice Milk
	21	22	23	24	25
<b>Thanksgiving Holiday Week</b>					
1	28 Biscuit with Jelly Chicken Patty Fruit Juice	29 Ultimate Breakfast Round Yogurt Cup Fruit Juice	30 Breakfast Pizza Grits Fruit Juice		