

**October 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
4	3 Biscuit with Jelly Sausage Patty Fruit Juice	4 Pop Tart (1) Cheese Stick (1) Fruit Juice	5 Breakfast Slider Oatmeal Fruit Juice	6 Fruit, Cereal/Granola & Yogurt Parfait Muffin Juice	7French Toast Stick(4) or Mini French Toast SyrupSausage Links (2) Fruit/ Juice/Milk
5	10 Teacher Work Day	11Cereal Bowl or Pouch(1) Yogurt Cup Fruit/ Juice Milk	12 Biscuit with Jelly Chicken Patty Fruit Juice	13 Fruit Frudel Pastry (1) Cheese Stick (1) Fruit Juice	14 Pancakes (2) with Syrup or Mini Pan- cakesSausagePatty Fruit/ Juice
1	17 Biscuit with Jelly Chicken Patty Fruit Juice	18 Ultimate Breakfast Round Yogurt Cup Fruit Juice	19 Breakfast Pizza Grits Fruit Juice	20 Cereal Bowl or Pouch (1) Cheese Stick Fruit/ Juice Milk	21 Cinnamon Roll or Bun or Cinnamon Cin- nis Sausage Patty Fruit/ Juice
2	24 Waffle Sticks (2) or Mini Waffles Ham Slice/ Oatmeal Fruit/ Juice	25 Breakfast Bar (1) Cheese Stick (1) Fruit Juice	26 Biscuit with Jelly Sausage Patty Fruit Juice	27 Fruit, Cereal/Granola & Yogurt Parfait Muffin Juice	28 Pancake on a Stick Syrup Fruit Juice
3	31 Bagel/Cream Cheese Egg/Cheese Omelet Fruit Juice				