

October Breakfast Menu 2017

Mobile County Public School System

Unflavored low fat , unflavored skim , chocolate or strawberry milk available with each meal.

Menus are subject to change due to deliveries & commodities.

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Week	A	B	C	D	E
Week 4	2 <i>French Toast Stick with Syrup Ham Slice Fruit Juice Milk</i>	3 <i>Pancake Sausage Breakfast Bites (16118) Oatmeal Fruit Juice Milk</i>	4 <i>Cereal OR Cereal Bar Yogurt Fruit Juice Milk</i>	5 <i>Biscuit with Jelly Sausage Patty Fruit Juice Milk</i>	6 <i>Grilled Cheese Sandwich Grits Fruit Juice Milk</i>
Week 5	9 <i>No School Professional Development</i>	10 <i>Biscuit with Jelly Chicken Patty Fruit Juice Milk</i>	11 <i>Cereal OR Cereal Bar Ham and Cheese Croissant Fruit Juice Milk</i>	12 <i>Pancake on a Stick Fruit Juice Milk</i>	13 <i>Pop Tart Cheez-it Crackers (14202) Cheese Stick Fruit Juice Milk</i>
Week 1	16 <i>Biscuit with Jelly Sausage Patty Fruit Juice Milk</i>	17 <i>Waffles Sticks (3) or Mini Waffles with Syrup Ham Slice Fruit Juice Milk</i>	18 <i>Cereal OR Cereal Bar Ham and Cheese Croissant Fruit Juice Milk</i>	19 <i>Breakfast Sandwich (16114) Fruit Juice Milk</i>	20 <i>Breakfast Bagel (16102) Oatmeal Fruit Juice Milk</i>
Week 2	23 <i>Breakfast Wrap (16111) Grits Fruit Juice Milk</i>	24 <i>Biscuit with Jelly Chicken Patty Fruit Juice Milk</i>	25 <i>Cereal OR Cereal Bar Yogurt Fruit Juice Milk</i>	26 <i>Pancakes with Syrup Sausage Links Fruit Juice Milk</i>	27 <i>Pop Tart Cheez-it Crackers (14202) Cheese Stick Fruit Juice Milk</i>
Week 3	30 <i>Cinnamon Roll (14026) or Cinnamon Cinnis (14028) Sausage Patty Fruit Juice Milk</i>	31 <i>Breakfast Pizza Oatmeal Fruit Juice Milk</i>			