

**September 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	Mon	Tue	Wed	Thu	Fri
4				1 Fruit, Cereal/Granola & Yogurt Parfait Muffin Juice/Milk	2 French Toast Sticks (4) or Mini French Toast Syrup Sausage Links (2) Fruit/ Juice/Milk
5	5 Labor Day	6 Cereal Bowl or Pouch (1) Yogurt Cup Fruit/ Juice Milk	7 Biscuit with Jelly Chicken Patty Fruit Juice	8 Fruit Frudel Pastry (1) Cheese Stick (1) Fruit Juice	9 Pancakes (2) with Syrup or Mini Pancakes Sausage Patty Fruit/ Juice
1	12 Biscuit with Jelly Chicken Patty Fruit Juice	13Ultimate Breakfast Round Yogurt Cup Fruit Juice	14 Breakfast Pizza Grits Fruit Juice	15 Cereal Bowl or Pouch (1) Cheese Stick Fruit/ Juice	16 Cinnamon Roll or Bun or Cinnamon Cinnis Sausage Patty
2	19 Waffle Sticks (2) or Mini Waffles Ham Slice/ Oatmeal Fruit/ Juice	20 Breakfast Bar (1) Cheese Stick (1) Fruit Juice	21 Biscuit with Jelly Sausage Patty Fruit Juice	22 Fruit, Cereal/Granola & Yogurt Parfait Muffin Juice	23 Pancake on a Stick Syrup Fruit Juice
3	26 Bagel/Cream Cheese Egg/Cheese Omelet Fruit Juice	27 Fruit Pocket (3.95 oz.) Yogurt Cup Juice Milk	28 Grilled Cheese Sandwich Grits Fruit	29 Cereal Bar (1) Cheese Stick (1) Fruit/ Juice Milk	30 Beef Sausage on Bun Fruit Juice Milk