

September 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					1 <i>Grilled Cheese Sandwich</i> <i>Grits</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>
Week 5	4 <i>Labor Day</i>	5 <i>Biscuit with Jelly</i> <i>Chicken Patty</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	6 <i>Cereal OR Cereal Bar</i> <i>Ham and Cheese Croissant</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	7 <i>Pancake on a Stick</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	8 <i>Pop Tart</i> <i>Cheez-it Crackers (14202)</i> <i>Cheese Stick</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>
Week 1	11 <i>Biscuit with Jelly</i> <i>Sausage Patty</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	12 <i>Waffles Sticks (3)or Mini Waffles</i> <i>with Syrup</i> <i>Ham Slice</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	13 <i>Cereal OR Cereal Bar</i> <i>Ham and Cheese Croissant</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	14 <i>Breakfast Sandwich (16114)</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	15 <i>Breakfast Bagel (16102)</i> <i>Oatmeal</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>
Week 2	18 <i>Breakfast Wrap (16111)</i> <i>Grits</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	19 <i>Biscuit with Jelly</i> <i>Chicken Patty</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	20 <i>Cereal OR Cereal Bar</i> <i>Yogurt</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	21 <i>Pancakes with Syrup</i> <i>Sausage Links</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	22 <i>Pop Tart</i> <i>Cheez-it Crackers (14202)</i> <i>Cheese Stick</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>
Week 3	25 <i>Cinnamon Roll (14026) or</i> <i>Cinnamon Cinnis (14028)</i> <i>Sausage Patty</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	26 <i>Breakfast Pizza</i> <i>Oatmeal</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	27 <i>Cereal OR Cereal Bar</i> <i>Ham and Cheese Croissant</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	28 <i>Waffles Sticks(3)or Mini Waffles</i> <i>with Syrup</i> <i>Cheese Stick</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>	29 <i>Biscuit with Jelly</i> <i>Chicken Patty</i> <i>Fruit</i> <i>Juice</i> <i>Milk</i>