

**Breakfast Menu 2015-2016**  
**Mobile County Public School System**

**1% Unflavored Low Fat (12), Unflavored (12) and Flavored (Chocolate 22; Strawberry 29) Fat Free Milk available with each meal. 100% fruit juice (15) served daily.  
 Fresh Fruit & Canned, Frozen or Dried Fruit Daily (15-30). Menu subject to change due to deliveries and commodities.**

Week	A	B	C	D	E
<b>Week 1</b>	Egg & Cheese on Bun (28) Ham Slice Grits (31) or Oatmeal (28) AND Cereal (20) and Toast (12)	Cinnamon Roll/Bun (34)OR School Made Muffin (31) Chicken Patty (8) AND Cereal (20) and Toast (12)	Pancake/Sausage on Stick (26) OR Pancakes(34) with Syrup (28) 2 Sausage Links AND Cereal (20) and Toast (12)	Breakfast Pizza (27)OR Breakfast Bagel (24) Yogurt (19) AND Cereal (20) and Toast (12)	Biscuit (24) with Jelly (9) Sausage Patty AND Cereal (20) and Toast (12)
<b>Week 2</b>	4 French Toast Sticks (43) OR 2 Waffle Sticks (28) with Syrup 2 Sausage Links AND Cereal (20) and Toast (12)	Cheese Quesadilla (18)OR Grilled Cheese Sandwich (24) Grit (31) or Oatmeal (28) AND Cereal (20) and Toast (12)	Biscuit (24)with Jelly (9) Chicken Patty (8) AND Cereal (20) and Toast (12)	Cinnamon Roll/Bun (34)OR School Made Muffin (31) Sausage Patty Grits(31) or Oatmeal (28) AND Cereal (20) and Toast (12)	Breakfast Pizza (27)OR Breakfast Bagel (24) Yogurt(19) AND Cereal (20) and Toast (12)
<b>Week 3</b>	Pancake/Sausage on Stick (26)OR Pancakes (34) with Syrup (28) 2 Sausage Links AND Cereal (20) and Toast (12)	Sausage/Biscuit (24)Combo OR Croissant (26) Sausage Patty 1 Cheese Slice AND Cereal (20) and Toast (12)	Fruit/Cereal/Yogurt Parfait (54)OR Breakfast Pizza (27) OR Breakfast Bagel (24) Yogurt (19) AND Cereal (20) and Toast (12)	Biscuit (24) with Jelly (9) Chicken Patty (8) AND Cereal (20) and Toast (12)	Potato/Bacon Breakfast Burrito (25) OR Egg/Sausage & Cheese Burrito (16) Grits (31) or Oatmeal (28) AND Cereal (20) and Toast (12)
<b>Week 4</b>	Biscuit (24) with Jelly (9) Chicken Patty AND (8) Cereal (20) and Toast (12)	Breakfast Pizza (27) OR Breakfast Bagel (24) OR Ham & Cheese Wrap (22) Yogurt (19) AND Cereal (20) and Toast (12)	Beef Sausage on WG Bun (28) Scrambled Eggs OR Egg Square AND Cereal (20) and Toast (12)	Ultimate Breakfast Round (44) OR 2 Apple OR Cherry Fruit Pockets (27 each; 54 total) Sausage Patty AND Cereal (20) and Toast (12)	4 French Toast Sticks (43) OR 2 Waffle Sticks (28) with Syrup (28) 2 Sausage Links AND Cereal (20) and Toast (12)
<b>Week 5</b>	Potato & Bacon Breakfast Burrito (34) OR Egg/Sausage & Cheese Burrito (31) AND Cereal (20) and Toast (12)	Sausage/Biscuit (24) Combo Scrambled Eggs OR Egg Square AND Cereal (20) and Toast (12)	Pancake/Sausage on Stick (26) OR Pancakes (34) with Syrup (28) Sausage Links (2) AND Cereal (20) and Toast (12)	Fruit/Cereal/Yogurt Parfait (54) OR Breakfast Pizza (27) or Breakfast Bagel (24) & Yogurt AND Cereal (20) and Toast (12)	Biscuit (24) with Jelly (9) Chicken Patty (8) AND Cereal (20) and Toast (12)