Mobile County Public Schools
K-8 & BIC & Grab-N-Go

October 2021

Breakfast

SUN	MON	TUES	WED	THURS	FRI	SAT
31					1 Apple Fritter Chicken Nuggets Fruit Choice Juice Choice Milk Choice	2
3	4 Flavored Muffin Yogurt Cup Fruit Choice Juice Choice Milk Choice	5 Ham &Cheese Croissant Fruit Choice Juice Choice Milk Choice	6 Mini Waffles WG Sausage Link Fruit Choice Juice Choice Milk Choice	7 Pop Tart & Cereal Pop Tart , Blueberry Cereal Bar Fruit Choice Juice Choice Milk Choice	8 Breakfast Pizza WG Fruit Choice Juice Choice Milk Choice	9
10	11 Teachers Work Day No Students	12 Breakfast Pizza Pizza, Breakfast IW Fruit Choice Juice Choice Milk Choice	13 Chicken Patty Biscuit Chicken Patty w/ Southern Style Biscuit Fruit Choice Juice Choice Milk Choice	14 Cereal Choice Yogurt Cup Fruit Choice Juice Choice Milk Choice	15 Flavored Muffin Cheese String Fruit Choice Juice Choice Milk Choice	16
17	18 Cheese Toast Sausage Patty Scrambeled Eggs Fruit Choice Juice Choice Milk Choice	19 Cereal Choice Cereal Bar Fruit Choice Juice Choice Milk Choice	20 French Toast French Toast Sticks WG Sausage Link Fruit Choice Juice Choice Milk Choice	21 Pizza Pizza, Breakfast IW Yogurt, Go-Gurt Fruit Choice Juice Choice Milk Choice	22 Pop Tart Pop Tart, Strawberry Cheese String Fruit Choice Juice Choice Milk Choice	23
24	25 Cinnamon Roll Cinnamon Roll, IW Sausage Link Fruit Choice Juice Choice Milk Choice	26 Breakfast Hot Pocket Breakfast Hot Pocket Yogurt, Go-Gurt Fruit Choice Juice Choice Milk Choice	27 Waffles & Omelet Mini Waffles WG Egg & Cheese Omelet Fruit Choice Juice Choice Milk Choice	28 Sausage Biscuit Fruit Choice Juice Choice Milk Choice	29 Apple Fritter Chicken Nuggets Fruit Choice Juice Choice Milk Choice	30