

# Mobile County Public Schools

## Child Nutrition

### K-8 & BIC & Grab-N-Go

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**Breakfast Bagel**
**1**

 Bagel, WG Turkey  
 Sausage/ cheese  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Breakfast Pizza**
**2**

 Pizza, Breakfast WG  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Yogurt Cup & Cinni Minis**
**3**

 Yogurt Cup  
 Cinni Minis Roll  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Happy  
Labor Day**
**6**
**Breakfast Pizza**
**7**

 Pizza, Breakfast IW  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Chicken Patty Biscuit**
**8**

 Chicken Patty w/ Southern  
 Style Biscuit  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Cereal and Yogurt**
**9**

 Yogurt Cup  
 Cereal Choice  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**String Cheese & Muffin**
**10**

 Cheese String  
 Muffin  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Cheese Toast &  
Sausage**
**13**

 Scrambled Eggs  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Cereal Choice**
**14**

 Cereal Bar, Cinna Toast  
 Crunch  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**French Toast**
**15**

 French Toast Sticks WG  
 Sausage Link  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Pizza**
**16**

 Pizza, Breakfast IW  
 Yogurt, Go-Gurt,  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Pop Tart**
**17**

 Strawberry Pop Tart  
 Cheese String  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Cinnamon Roll &  
Sausage Links**
**20**

 Cinnamon Roll or Pancake Minis  
 Sausage Link  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Breakfast Hot Pocket**
**21**

 Breakfast Hot Pocket  
 Yogurt, Go-Gurt,  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Waffles & Cheese  
Omelet**
**22**

 Egg & Cheese Omelet  
 Mini Waffles WG  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Sausage Biscuit**
**23**

 Juice Choice  
 Fruit Choice  
 Milk Choice

**Apple Fritter &  
Sausage Link**
**24**

 Juice Choice  
 Fruit Choice  
 Milk Choice

**Chicken Biscuit**
**27**

 Chicken for Biscuit Patty  
 Breakfast Biscuit, Southern  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Strudel/Frudel**
**28**

 Yogurt Cup  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Pancake on a Stick**
**29**

 Pancake, Sausage on Stick  
 Juice Choice  
 Fruit Choice  
 Milk Choice

**Muffin and Sausage  
Link**
**30**

 Muffin Choice  
 Sausage Link  
 Juice Choice  
 Fruit Choice  
 Milk Choice
