

November 2020 Mobile County Public Schools K-12 Breakfast

BREAKFAST



****Menus are Subject to Change****
 All meals served w/1% lowfat white, chocolate or strawberry milk.
 All meals served with fresh, frozen or canned fruit daily.
 All meals served with 100% fruit juice daily.



Nutrition Tip: Enjoy a low-fat yogurt parfait for breakfast. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



Reference: USDA MyPlate

Monday

Yogurt
Cinni Minis or
Cream Cheese Bagel

2

Tuesday

End of 1st Quarter
No School

3

Wednesday

Breakfast Sandwich

4

Thursday

Pancake on Stick
Syrup

5

Friday

Cheese Toast or Biscuit
Sausage Patty
Jam/Jelly

6

Yogurt
Cereal

9

Sausage Patty or Link
Biscuit
Jam/Jelly

10



11

Muffin
Cheese String

12

Chicken Patty
Biscuit
Jam/Jelly

13

Pop Tart

16

Breakfast Pizza

17

Pancake on Stick or Waffle
Sausage Patty
Syrup

18

Sausage Biscuit
Jam/Jelly

19

Yogurt
Cereal

20

Thanksgiving Break

23

Thanksgiving Break

24

Thanksgiving Break

25



26

Thanksgiving Break

27

Yogurt
Cinni Mini or
Cream Cheese Bagel

30

