

January 2021

Mobile County Public Schools K-12 Breakfast

BREAKFAST



Menus are subject to change
 All meals served w/1% Chocolate, Strawberry
 or Reduced Fat White Milk.
 All meals served w/fresh, canned or frozen fruit
 & 100% fruit juice daily.



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

Monday



Strudel or Muffin
 Yogurt

4

Bag Breakfast F

Tuesday



Ham & Cheese Croissant
 Jam/Jelly

5

Bag Breakfast G

Wednesday



Chicken Patty on Biscuit
 Jam/Jelly

6

Bag Breakfast H

Thursday



Breakfast Sandwich

7

Bag Breakfast I

Friday



1

Waffles w/Sausage
 Syrup

8

Bag Breakfast J

Yogurt
 Cinnamon Roll or Minis

11

Bag Breakfast A

Pop Tart
 Cereal (Bar)

12

Bag Breakfast B

Breakfast Sandwich
 Jam/Jelly

13

Bag Breakfast C

Pancake Sausage on Stick
 Syrup

14

Bag Breakfast D

Cheese Toast
 Sausage Patty
 Jam/Jelly
 Bag Breakfast E

15



18

Sausage Biscuit
 Jam/Jelly

19

Bag Breakfast G

Ham & Cheese Croissant
 Jam/Jelly

20

Bag Breakfast H

Strudel or Muffin
 Cheese String

21

Bag Breakfast I

Chicken Biscuit

22

Bag Breakfast J

Pop Tart
 Cheese String

25

Bag Breakfast A

Breakfast Pizza

26

Bag Breakfast B

Pancakes or Waffles
 Sausage Links
 Syrup
 Bag Breakfast C

27

Sausage Biscuit
 Jam/Jelly

28

Bag Breakfast D

Cereal
 Yogurt

29

Bag Breakfast E