

**Modified Weight Reduction
NO Juice**

Breakfast Menu
Mobile County Public School System
 Unflavored skim milk available with each meal.
 Menu subject to change due to deliveries and commodities.

| Week | A | B | C | D | E |
|---------------|---|---|--|--|--|
| Week 1 | <i>Toast Scrambled Eggs or Egg Square OR Cereal and Toast</i> | <i>Pancakes Sausage Patty OR Cereal and Toast</i> | <i>Biscuit OR Cereal and Toast</i> | <i>Cereal and Toast</i> | <i>Cereal and Toast</i> |
| Week 2 | <i>Cereal and Toast</i> | <i>Cereal and Toast</i> | <i>Biscuit OR Cereal and Toast</i> | <i>French Toast Sticks Sausage Links (2) OR Cereal and Toast</i> | <i>Breakfast Bagel Yogurt OR Cereal and Toast</i> |
| Week 3 | <i>Toast Scrambled Eggs or Egg Square OR Cereal and Toast</i> | <i>Cereal and Toast</i> | <i>Pancake with Sausage on Stick OR Cereal and Toast</i> | <i>Biscuit OR Cereal and Toast</i> | <i>Oatmeal Cheese Toast OR Cereal and Toast</i> |
| Week 4 | <i>Biscuit Sausage Patty OR Cereal and Toast</i> | <i>Breakfast Bagel Yogurt OR Cereal and Toast</i> | <i>Cereal and Toast</i> | <i>Cereal and Toast</i> | <i>Waffle Sticks Ham Slice OR Cereal and Toast</i> |
| Week 5 | <i>Toast Scrambled Eggs or Egg Square OR Cereal and Toast</i> | <i>Oatmeal Cheese Toast OR Cereal and Toast</i> | <i>Biscuit OR Cereal and Toast</i> | <i>Pancake with Sausage on Stick OR Cereal and Toast</i> | <i>Cereal and Toast</i> |