

August 2024

Harmony Public Charter School K-12 Breakfast Menu

			01	02
05	06	07	08	09
12 Breakfast Entree Whole Grain Waffles Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk Misc. Smucker's Breakfast Syrup	13 Breakfast Entree Breakfast Pizza Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit Grains Bug Bites Milk Fat Free (Skim) Milk Low Fat (1%) Milk	14 Breakfast Entree Egg & Cheese Breakfast Quesadilla Whole Grain Bagel with Cream Cheese Vegetables Chunky Salsa, Mild Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk	15 Breakfast Entree Whole Grain French Toast Sticks Assorted Cereal and Grahams Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk Misc. Smucker's Breakfast Syrup	16 Breakfast Entree Turkey Sausage & Egg Biscuit Sandwich Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit Grains Assorted Muffins Milk Fat Free (Skim) Milk Low Fat (1%) Milk
19 Breakfast Entree Whole Grain Cereal Fruit Assorted Fruit Grains Apple Oatmeal Bar Milk Fat Free (Skim) Milk Low Fat (1%) Milk	20 Breakfast Entree Maple Turkey Sausage Pancake Wrap Yogurt & Granola Parfait Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk	21 Breakfast Entree Turkey Ham & Cheese Breakfast Sandwich Assorted Muffins Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk	22 Breakfast Entree Whole Grain French Toast Sticks Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit Grains Strawberry Nutrigrain Bar Milk Fat Free (Skim) Milk Low Fat (1%) Milk	23 Breakfast Entree Turkey Ham & Cheese on a Bagel Whole Grain Bagel Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk
26 Breakfast Entree Whole Grain Cereal Fruit Assorted Fruit Grains Soft Oatmeal Blueberry Bar Milk Fat Free (Skim) Milk Low Fat (1%) Milk	27 Breakfast Entree Whole Grain Pancakes Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit Grains Bug Bites Milk Fat Free (Skim) Milk Low Fat (1%) Milk Misc. Smucker's Breakfast Syrup	28 Breakfast Entree Breakfast Sandwich Whole Grain Bagel with Cream Cheese Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk	29 Breakfast Entree Chocolate Chip Banana Bread Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk	30 Breakfast Entree Egg & Cheese on WW Biscuit Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit Grains Assorted Muffins Milk Fat Free (Skim) Milk Low Fat (1%) Milk

This institution is an equal opportunity provider. *Menu subject to change.*

August 2024

Harmony Public Charter School K-8 Lunch Menu

			01	02
05	06	07	08	09
12	13	14	15	16
Lunch Entree Pepperoni Pizza Cheese Pizza Turkey Ham & Cheese Hoagie Vegetables Honey Glazed Carrots Broccoli Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	Lunch Entree Cheeseburger Macaroni & Cheese (Gehl's) Chicken Salad Wrap Vegetables Mixed Vegetables Carrot Sticks Fruit Assorted Fruit Grains Mac & Cheese (Gehl's) Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	Lunch Entree Piri Piri Chicken Piri Piri Chick'n Greek Chicken Wrap Vegetables Fresh Roasted Broccoli with Garlic Cucumber Slices Fruit Assorted Fruit Grains Jollof Rice Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	Lunch Entree Beef Cheeseburger Gardenburger® Veggie Burger Chipotle Chicken Sandwich Vegetables Steamed Corn Roasted Chickpeas Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	Lunch Entree BBQ Rub Chicken BBQ Rub Chick'n Crispy Chicken Salad Vegetables Baked Beans Fruit Assorted Fruit Grains Mini Whole Grain Biscuit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk
19	20	21	22	23
Lunch Entree Cheesy Breadstick Turkey Ham & Cheese Sandwich Vegetables Green Beans Carrot Sticks Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	Lunch Entree Waffles & Eggs Chicken Salad Wrap Vegetables Homefries Broccoli Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk Misc. Smucker's Breakfast Syrup	Lunch Entree Deconstructed Hot Dog Gardenburger® Veggie Burger Curry Chicken Salad Sandwich Vegetables Roasted Sweet Potato Cubes Black Bean & Corn Salad Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	Lunch Entree Hot Honey Glazed Chicken Thigh Hot Honey Glazed Veggie Nuggets Turkey & Cheese Sandwich Vegetables Steamed Broccoli Coleslaw Fruit Assorted Fruit Grains Mini Whole Grain Biscuit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	Lunch Entree Turkey Sofrito Soft Tacos Black Bean Soft Tacos Pulled Buffalo Chicken Sandwich Vegetables Scratch Refried Beans Potato Salad Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk Misc. Hot Sauce
26	27	28	29	30
Lunch Entree Cheese Pizza Turkey Ham & Cheese Hoagie Vegetables Seasoned/Roasted Carrots Black Bean & Corn Salad Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	Lunch Entree Chicken Patty Sandwich BBQ Chick'n Sandwich BBQ Chicken on a Roll Vegetables Buttered Parsley Potatoes Broccoli Salad Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk Misc. BBQ Sauce	Lunch Entree Pasta with Meat Sauce Cheesy Baked Pasta Cheesy Pasta Salad Vegetables Steamed Broccoli Carrot Sticks Fruit 100% Fruit Juice Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	Lunch Entree Sweet & Sour Chicken Sweet & Sour Chick'n Sunbutter & Jelly Sandwich Meal with String Cheese Vegetables Green Beans Celery Stick Fruit Assorted Fruit Grains Brown Rice Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk	Lunch Entree Chicken Nuggets Veggie Nuggets & Roll Turkey & Cheese Wrap Vegetables Savory Baked Beans Potato Salad Fruit Assorted Fruit Grains Whole Wheat Dinner Roll Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk Misc. Ketchup

August 2024

Harmony Public Charter School Snack Menu

			01 Fruit Apples Slices Grains Whole Grain Graham	02 Fruit Assorted 100% Juice, 6 oz Grains Whole Grain Graham
05 Breakfast Entree Whole Grain Graham Fruit Fresh Pear	06 Breakfast Entree Whole Grain Graham Fruit Fresh Apple	07 Fruit Assorted 100% Juice, 6 oz Grains Apple Oatmeal Bar	08 Fruit Apples Slices Grains Pretzel Goldfish	09 Breakfast Entree Giant Goldfish Graham Fruit Assorted 100% Juice, 6 oz
12 Fruit Fresh Pear Grains Whole Grain Cheddar Goldfish	13 Fruit Fresh Apple Grains Apple Oatmeal Bar	14 Fruit Assorted 100% Juice, 6 oz Grains Whole Grain Giant Goldfish Graham1	15 Fruit Apples Slices Grains Whole Grain Graham	16 Fruit Assorted 100% Juice, 6 oz Grains Whole Grain Graham
19 Breakfast Entree Whole Grain Graham Fruit Fresh Pear	20 Breakfast Entree Whole Grain Graham Fruit Fresh Apple	21 Fruit Assorted 100% Juice, 6 oz Grains Apple Oatmeal Bar	22 Fruit Apples Slices Grains Pretzel Goldfish	23 Breakfast Entree Giant Goldfish Graham Fruit Assorted 100% Juice, 6 oz
26 Fruit Fresh Pear Grains Whole Grain Cheddar Goldfish	27 Fruit Fresh Apple Grains Apple Oatmeal Bar	28 Fruit Assorted 100% Juice, 6 oz Grains Whole Grain Giant Goldfish Graham1	29 Fruit Apples Slices Grains Whole Grain Graham	30 Fruit Assorted 100% Juice, 6 oz Grains Whole Grain Graham

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