

September 2024

Harmony Public Charter School K-12 Breakfast Menu

<p style="text-align: right;">02</p> <p>Breakfast Entree Whole Grain Waffles</p> <p>Fruit Assorted Fruit</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p> <p>Misc. Smucker's Breakfast Syrup</p>	<p style="text-align: right;">03</p> <p>Breakfast Entree Breakfast Pizza</p> <p>Low Fat Strawberry Banana Yogurt</p> <p>Fruit Assorted Fruit</p> <p>Grains Bug Bites</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>	<p style="text-align: right;">04</p> <p>Breakfast Entree Egg & Cheese Breakfast Quesadilla</p> <p>Whole Grain Bagel with Cream Cheese</p> <p>Vegetables Chunky Salsa, Mild</p> <p>Fruit Assorted Fruit</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>	<p style="text-align: right;">05</p> <p>Breakfast Entree Whole Grain French Toast Sticks</p> <p>Assorted Cereal and Grahams</p> <p>Fruit Assorted Fruit</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p> <p>Misc. Smucker's Breakfast Syrup</p>	<p style="text-align: right;">06</p> <p>Breakfast Entree Turkey Sausage & Egg Biscuit Sandwich</p> <p>Low Fat Strawberry Banana Yogurt</p> <p>Fruit Assorted Fruit</p> <p>Grains Assorted Muffins</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>
<p style="text-align: right;">09</p> <p>Breakfast Entree Whole Grain Cereal</p> <p>Fruit Assorted Fruit</p> <p>Grains Apple Oatmeal Bar</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>	<p style="text-align: right;">10</p> <p>Breakfast Entree Maple Turkey Sausage Pancake Wrap</p> <p>Yogurt & Granola Parfait</p> <p>Fruit Assorted Fruit</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>	<p style="text-align: right;">11</p> <p>Breakfast Entree Turkey Ham & Cheese Breakfast Sandwich</p> <p>Assorted Muffins</p> <p>Fruit Assorted Fruit</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>	<p style="text-align: right;">12</p> <p>Breakfast Entree Whole Grain French Toast Sticks</p> <p>Low Fat Strawberry Banana Yogurt</p> <p>Fruit Assorted Fruit</p> <p>Grains Strawberry Nutrigrain Bar</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>	<p style="text-align: right;">13</p> <p>Breakfast Entree Turkey Ham & Cheese on a Bagel</p> <p>Whole Grain Bagel</p> <p>Fruit Assorted Fruit</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>
<p style="text-align: right;">16</p> <p>Breakfast Entree Whole Grain Cereal</p> <p>Fruit Assorted Fruit</p> <p>Grains Soft Oatmeal Blueberry Bar</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>	<p style="text-align: right;">17</p> <p>Breakfast Entree Whole Grain Pancakes</p> <p>Low Fat Strawberry Banana Yogurt</p> <p>Fruit Assorted Fruit</p> <p>Grains Bug Bites</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p> <p>Misc. Smucker's Breakfast Syrup</p>	<p style="text-align: right;">18</p> <p>Breakfast Entree Breakfast Sandwich</p> <p>Whole Grain Bagel with Cream Cheese</p> <p>Fruit Assorted Fruit</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>	<p style="text-align: right;">19</p> <p>Breakfast Entree Chocolate Chip Banana Bread</p> <p>Fruit Assorted Fruit</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>	<p style="text-align: right;">20</p> <p>Breakfast Entree Egg & Cheese on WW Biscuit</p> <p>Low Fat Strawberry Banana Yogurt</p> <p>Fruit Assorted Fruit</p> <p>Grains Assorted Muffins</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>
<p style="text-align: right;">23</p> <p>Breakfast Entree Whole Grain Waffles</p> <p>Fruit Assorted Fruit</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p> <p>Misc. Smucker's Breakfast Syrup</p>	<p style="text-align: right;">24</p> <p>Breakfast Entree Breakfast Pizza</p> <p>Low Fat Strawberry Banana Yogurt</p> <p>Fruit Assorted Fruit</p> <p>Grains Bug Bites</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>	<p style="text-align: right;">25</p> <p>Breakfast Entree Egg & Cheese Breakfast Quesadilla</p> <p>Whole Grain Bagel with Cream Cheese</p> <p>Vegetables Chunky Salsa, Mild</p> <p>Fruit Assorted Fruit</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>	<p style="text-align: right;">26</p> <p>Breakfast Entree Whole Grain French Toast Sticks</p> <p>Assorted Cereal and Grahams</p> <p>Fruit Assorted Fruit</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p> <p>Misc. Smucker's Breakfast Syrup</p>	<p style="text-align: right;">27</p> <p>Breakfast Entree Turkey Sausage & Egg Biscuit Sandwich</p> <p>Low Fat Strawberry Banana Yogurt</p> <p>Fruit Assorted Fruit</p> <p>Grains Assorted Muffins</p> <p>Milk Fat Free (Skim) Milk Low Fat (1%) Milk</p>

Breakfast Entree

Whole Grain Cereal

Fruit

Assorted Fruit

Grains

Apple Oatmeal Bar

Milk

Fat Free (Skim) Milk

Low Fat (1%) Milk

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September 2024

Harmony Public Charter School K-8 Lunch Menu

<p style="text-align: right;">02</p> <p>Lunch Entree Pepperoni Pizza Cheese Pizza Chipotle Chicken Sandwich Vegetables Seasoned/Roasted Carrots Black Bean & Corn Salad Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>	<p style="text-align: right;">03</p> <p>Lunch Entree Roasted Chicken Veggie Nuggets Chicken Salad Wrap Vegetables Mashed Potatoes Carrot Sticks Fruit Assorted Fruit Grains Mini Whole Grain Biscuit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk Misc. Brown Gravy</p>	<p style="text-align: right;">04</p> <p>Lunch Entree Jerk Chicken Drumstick Jerk Chick'n Chicken Ranch Wrap Vegetables Sauteed Cabbage Broccoli Fruit Assorted Fruit Grains Mac & Cheese, 1/2 cup (Gehl's) Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>	<p style="text-align: right;">05</p> <p>Lunch Entree Beef Hamburger Gardenburger® Veggie Burger Chef Salad with Chicken Vegetables Baked Beans Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk Misc. Ranch Dressing</p>	<p style="text-align: right;">06</p> <p>Lunch Entree Meaty Baked Penne Cheesy Baked Pasta Creamy Buffalo Chicken Salad Wrap Vegetables Steamed Broccoli Potato Salad Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>
<p style="text-align: right;">09</p> <p>Lunch Entree Cheese Pizza Turkey & Cheese Sandwich Vegetables Italian Herbed Roasted Zucchini & Tomatoes Carrot & Celery Cup with Ranch Dressing Fruit Fresh Orange Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>	<p style="text-align: right;">10</p> <p>Lunch Entree French Toast Sticks & Eggs BBQ Chicken Wrap Vegetables Homefries Potato Salad Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk Misc. Smucker's Breakfast Syrup</p>	<p style="text-align: right;">11</p> <p>Lunch Entree Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli Asian Chick'n & Noodle Stir Fry with Cabbage and Broccoli Greek Chicken Salad & Roll Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>	<p style="text-align: right;">12</p> <p>Lunch Entree Deconstructed Hot Dog Gardenburger® Veggie Burger Sunbutter & Jelly Sandwich Meal with String Cheese Vegetables Baked Beans Cucumber Slices Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>	<p style="text-align: right;">13</p> <p>Lunch Entree Chicken & Andouille Jambalaya Vegetarian Jambalaya Curry Chicken Salad Sandwich Vegetables Seasoned/Roasted Carrots Roasted Chickpeas Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>
<p style="text-align: right;">16</p> <p>Lunch Entree Pepperoni Pizza Cheese Pizza Sliced Turkey & Cheese on a Bagel Vegetables Seasoned/Roasted Carrots Broccoli Salad Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>	<p style="text-align: right;">17</p> <p>Lunch Entree Cheesy Baked Pasta Creamy Buffalo Chicken Salad Wrap Vegetables Green Beans Black Bean & Corn Salad Fruit Assorted Fruit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>	<p style="text-align: right;">18</p> <p>Lunch Entree Chickpea Masala Turkey Ham & Cheese Hoagie Vegetables Collard Greens Carrot Sticks Fruit Assorted Fruit Grains Brown Rice Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>	<p style="text-align: right;">19</p> <p>Lunch Entree Oven Fried Chicken Honey Glazed Chick'n Chef Salad with Turkey Ham Vegetables Creamy Red Beans Fruit Assorted Fruit Grains Cilantro Lime Brown Rice Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>	<p style="text-align: right;">20</p> <p>Lunch Entree Korean Style Meatballs Teriyaki Veggie Meatball Chicken Ranch Wrap Vegetables Steamed Broccoli Spicy Slaw Fruit Assorted Fruit Grains Brown Rice Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>

<p style="text-align: right;">23</p> <p>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</p>	<p style="text-align: right;">24</p> <p>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</p>	<p style="text-align: right;">25</p> <p>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</p>	<p style="text-align: right;">26</p> <p>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</p>	<p style="text-align: right;">27</p> <p>Lunch Entree BBQ Rub Chicken Crispy Chicken Salad BBQ Rub Chick'n Vegetables Baked Beans Fruit Assorted Fruit Grains Mini Whole Grain Biscuit Milk Low Fat (1%) Milk Fat Free (Skim) Milk Vanilla Soy Milk</p>
<p style="text-align: right;">30</p> <p>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</p>				

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Harmony Public Charter School Snack Menu

<p style="text-align: right;">02</p> <p>Breakfast Entree Whole Grain Graham Fruit Fresh Pear</p>	<p style="text-align: right;">03</p> <p>Breakfast Entree Whole Grain Graham Fruit Fresh Apple</p>	<p style="text-align: right;">04</p> <p>Fruit Assorted 100% Juice, 6 oz Grains Apple Oatmeal Bar</p>	<p style="text-align: right;">05</p> <p>Fruit Apples Slices Grains Pretzel Goldfish</p>	<p style="text-align: right;">06</p> <p>Breakfast Entree Giant Goldfish Graham Fruit Assorted 100% Juice, 6 oz</p>
<p style="text-align: right;">09</p> <p>Fruit Fresh Pear Grains Whole Grain Cheddar Goldfish</p>	<p style="text-align: right;">10</p> <p>Fruit Fresh Apple Grains Apple Oatmeal Bar</p>	<p style="text-align: right;">11</p> <p>Fruit Assorted 100% Juice, 6 oz Grains Whole Grain Giant Goldfish Graham1</p>	<p style="text-align: right;">12</p> <p>Fruit Apples Slices Grains Whole Grain Graham</p>	<p style="text-align: right;">13</p> <p>Fruit Assorted 100% Juice, 6 oz Grains Whole Grain Graham</p>
<p style="text-align: right;">16</p> <p>Breakfast Entree Whole Grain Graham Fruit Fresh Pear</p>	<p style="text-align: right;">17</p> <p>Breakfast Entree Whole Grain Graham Fruit Fresh Apple</p>	<p style="text-align: right;">18</p> <p>Fruit Assorted 100% Juice, 6 oz Grains Apple Oatmeal Bar</p>	<p style="text-align: right;">19</p> <p>Fruit Apples Slices Grains Pretzel Goldfish</p>	<p style="text-align: right;">20</p> <p>Breakfast Entree Giant Goldfish Graham Fruit Assorted 100% Juice, 6 oz</p>
<p style="text-align: right;">23</p> <p>Fruit Fresh Pear Grains Whole Grain Cheddar Goldfish</p>	<p style="text-align: right;">24</p> <p>Fruit Fresh Apple Grains Apple Oatmeal Bar</p>	<p style="text-align: right;">25</p> <p>Fruit Assorted 100% Juice, 6 oz Grains Whole Grain Giant Goldfish Graham1</p>	<p style="text-align: right;">26</p> <p>Fruit Apples Slices Grains Whole Grain Graham</p>	<p style="text-align: right;">27</p> <p>Fruit Assorted 100% Juice, 6 oz Grains Whole Grain Graham</p>
<p style="text-align: right;">30</p> <p>Breakfast Entree Whole Grain Graham Fruit Fresh Pear</p>				

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