



















May

Harmony Public Charter School

Breakfast Grades PreK-12

			Breakfast Entree 1 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	Breakfast Entree 2 Turkey Ham & Cheese on a Bagel Whole Grain Bagel with Cream Cheese Fruit Assorted Fruit 🍏 Milk Fat Free (Skim) Milk Low Fat (1%) Milk
Breakfast Entree 5 Whole Grain Cereal Fruit Assorted Fruit 🍏 Grains Soft Oatmeal Blueberry Bar Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 6 Whole Grain Pancakes Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit 🍏 Grains Bug Bites Milk Fat Free (Skim) Milk Low Fat (1%) Milk Misc. Breakfast Syrup 🍏	Breakfast Entree 7 Egg & Cheese on English Muffin Whole Grain Bagel with Cream Cheese Fruit Assorted Fruit 🍏 Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 8 Chocolate Chip Banana Bread Fruit Assorted Fruit 🍏 Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 9 Egg & Cheese on Biscuit Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit 🍏 Grains Assorted Muffins Milk Fat Free (Skim) Milk Low Fat (1%) Milk

Breakfast Entree 12 Whole Grain Waffles Assorted Cereal and Grahams Fruit Assorted Fruit  Milk Fat Free (Skim) Milk Low Fat (1%) Milk Misc. Breakfast Syrup 	Breakfast Entree 13 Apple strudel Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit  Grains Bug Bites Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 14 Mini Cinnis Whole Grain Bagel with Cream Cheese Fruit Assorted Fruit  Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 15 Whole Grain French Toast Sticks Assorted Cereal and Grahams Fruit Assorted Fruit  Milk Fat Free (Skim) Milk Low Fat (1%) Milk Misc. Breakfast Syrup 	Breakfast Entree 16 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
Breakfast Entree 19 Whole Grain Cereal Fruit Assorted Fruit  Grains Apple Oatmeal Bar Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 20 Maple Turkey Sausage Pancake Wrap Yogurt & Granola Parfait Fruit Assorted Fruit  Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 21 Turkey Ham & Cheese Breakfast Sandwich Mozzarella String Cheese Fruit Assorted Fruit  Grains Assorted Muffins Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 22 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	Breakfast Entree 23 Turkey Ham & Cheese on a Bagel Whole Grain Bagel with Cream Cheese Fruit Assorted Fruit  Milk Fat Free (Skim) Milk Low Fat (1%) Milk
Breakfast Entree 26 Whole Grain Cereal Fruit Assorted Fruit  Grains Soft Oatmeal Blueberry Bar Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 27 Whole Grain Pancakes Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit  Grains Bug Bites Milk Fat Free (Skim) Milk Low Fat (1%) Milk Misc. Breakfast Syrup 	Breakfast Entree 28 Egg & Cheese on English Muffin Whole Grain Bagel with Cream Cheese Fruit Assorted Fruit  Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 29 Chocolate Chip Banana Bread Fruit Assorted Fruit  Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 30 Egg & Cheese on Biscuit Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit  Grains Assorted Muffins Milk Fat Free (Skim) Milk Low Fat (1%) Milk

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