





































# August

## Harmony Public Charter School

### PreK- 12 Breakfast Menu

				1
<b>Breakfast Entree</b> 4 Whole Grain Cereal <b>Fruit</b> Assorted Fruit 🍏🍌 <b>Grains</b> Apple Oatmeal Bar <b>Milk</b> Fat Free (Skim) Milk 🍏 Low Fat (1%) Milk	<b>Breakfast Entree</b> 5 Maple Turkey Sausage Pancake Wrap Yogurt & Granola Parfait <b>Fruit</b> Assorted Fruit 🍏🍌 <b>Milk</b> Fat Free (Skim) Milk 🍏 Low Fat (1%) Milk	<b>Breakfast Entree</b> 6 Mozzarella String Cheese <b>Fruit</b> Assorted Fruit 🍏🍌 <b>Grains</b> Assorted Muffins <b>Milk</b> Fat Free (Skim) Milk 🍏 Low Fat (1%) Milk	<b>Breakfast Entree</b> 7 Whole Grain French Toast Sticks Low Fat Strawberry Banana Yogurt <b>Fruit</b> Assorted Fruit 🍏🍌 <b>Grains</b> Strawberry Nutrigrain Bar <b>Milk</b> Fat Free (Skim) Milk 🍏 Low Fat (1%) Milk	<b>Breakfast Entree</b> 8 Turkey Ham & Cheese on a Bagel Whole Grain Bagel with Cream Cheese <b>Fruit</b> Assorted Fruit 🍏🍌 <b>Milk</b> Fat Free (Skim) Milk 🍏 Low Fat (1%) Milk
<b>Breakfast Entree</b> 11 Whole Grain Cereal <b>Fruit</b> Assorted Fruit 🍏🍌 <b>Grains</b> Soft Oatmeal Blueberry Bar 🍏 <b>Milk</b> Fat Free (Skim) Milk 🍏 Low Fat (1%) Milk	<b>Breakfast Entree</b> 12 Whole Grain Pancakes Low Fat Strawberry Banana Yogurt <b>Fruit</b> Assorted Fruit 🍏🍌 <b>Grains</b> Bug Bites <b>Milk</b> Fat Free (Skim) Milk 🍏 Low Fat (1%) Milk <b>Misc.</b> Breakfast Syrup 🍏🍌	<b>Breakfast Entree</b> 13 Turkey Ham & Cheese on a Croissant Whole Grain Bagel with Cream Cheese 🍏 <b>Fruit</b> Assorted Fruit 🍏🍌 <b>Milk</b> Fat Free (Skim) Milk 🍏 Low Fat (1%) Milk	<b>Breakfast Entree</b> 14 Chocolate Chip Banana Bread 🍏 <b>Fruit</b> Assorted Fruit 🍏🍌 <b>Milk</b> Fat Free (Skim) Milk 🍏 Low Fat (1%) Milk	<b>Breakfast Entree</b> 15 Egg & Cheese on Biscuit Low Fat Strawberry Banana Yogurt <b>Fruit</b> Assorted Fruit 🍏🍌 <b>Grains</b> Assorted Muffins <b>Milk</b> Fat Free (Skim) Milk 🍏 Low Fat (1%) Milk

<b>Breakfast Entree 18</b> Whole Grain Waffles  Assorted Cereal and Grahams <b>Fruit</b> Assorted Fruit   <b>Milk</b> Fat Free (Skim) Milk  Low Fat (1%) Milk <b>Misc.</b> Breakfast Syrup  	<b>Breakfast Entree 19</b> Apple strudel Low Fat Strawberry Banana Yogurt <b>Fruit</b> Assorted Fruit   <b>Grains</b> Bug Bites <b>Milk</b> Fat Free (Skim) Milk  Low Fat (1%) Milk	<b>Breakfast Entree 20</b> Mini Cinnis Whole Grain Bagel with Cream Cheese  <b>Fruit</b> Assorted Fruit   <b>Milk</b> Fat Free (Skim) Milk  Low Fat (1%) Milk	<b>Breakfast Entree 21</b> Whole Grain French Toast Sticks Assorted Cereal and Grahams <b>Fruit</b> Assorted Fruit   <b>Milk</b> Fat Free (Skim) Milk  Low Fat (1%) Milk <b>Misc.</b> Breakfast Syrup  	<b>Breakfast Entree 22</b> Turkey Sausage & Egg Biscuit Sandwich Low Fat Strawberry Banana Yogurt <b>Fruit</b> Assorted Fruit   <b>Grains</b> Assorted Muffins <b>Milk</b> Fat Free (Skim) Milk  Low Fat (1%) Milk
<b>Breakfast Entree 25</b> Whole Grain Cereal <b>Fruit</b> Assorted Fruit   <b>Grains</b> Apple Oatmeal Bar <b>Milk</b> Fat Free (Skim) Milk  Low Fat (1%) Milk	<b>Breakfast Entree 26</b> Maple Turkey Sausage Pancake Wrap Yogurt & Granola Parfait <b>Fruit</b> Assorted Fruit   <b>Milk</b> Fat Free (Skim) Milk  Low Fat (1%) Milk	<b>Breakfast Entree 27</b> Mozzarella String Cheese <b>Fruit</b> Assorted Fruit   <b>Grains</b> Assorted Muffins <b>Milk</b> Fat Free (Skim) Milk  Low Fat (1%) Milk	<b>Breakfast Entree 28</b> Whole Grain French Toast Sticks Low Fat Strawberry Banana Yogurt <b>Fruit</b> Assorted Fruit   <b>Grains</b> Strawberry Nutrigrain Bar <b>Milk</b> Fat Free (Skim) Milk  Low Fat (1%) Milk	<b>Breakfast Entree 29</b> Turkey Ham & Cheese on a Bagel Whole Grain Bagel with Cream Cheese <b>Fruit</b> Assorted Fruit   <b>Milk</b> Fat Free (Skim) Milk  Low Fat (1%) Milk

Gluten Free:  Vegan:  Vegetarian: 

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