

September

Harmony Public Charter School

PreK- 12 Breakfast Menu

Breakfast Entree 1

Whole Grain Cereal

Fruit

Assorted Fruit 🍏🍏

Grains

Soft Oatmeal
Blueberry Bar 🍌🍏

Milk

Fat Free (Skim) Milk 🍏

Low Fat (1%) Milk

Breakfast Entree 2

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 3

Turkey Ham &
Cheese on a
Croissant

Whole Grain Bagel
with Cream Cheese



Fruit

Assorted Fruit 🍏🍏

Milk

Fat Free (Skim) Milk



Low Fat (1%) Milk

Breakfast Entree 4

Chocolate Chip
Banana Bread 🍏

Fruit

Assorted Fruit 🍏🍏

Milk

Fat Free (Skim) Milk



Low Fat (1%) Milk

Breakfast Entree 5

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 8

Whole Grain Waffles
🍏

Assorted Cereal and
Grahams

Fruit

Assorted Fruit 🍏🍏

Milk

Fat Free (Skim) Milk



Low Fat (1%) Milk

Misc.

Breakfast Syrup 🍏🍏

Breakfast Entree 9

Apple strudel

Low Fat Strawberry
Banana Yogurt

Fruit

Assorted Fruit 🍏🍏

Grains

Bug Bites 🍌

Milk

Fat Free (Skim) Milk



Low Fat (1%) Milk

Breakfast Entree 10

Mini Cinnis

Whole Grain Bagel
with Cream Cheese



Fruit

Assorted Fruit 🍏🍏

Milk

Fat Free (Skim) Milk



Low Fat (1%) Milk

Breakfast Entree 11

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 12

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 15 Whole Grain Cereal Fruit Assorted Fruit🌱🌱 Grains Apple Oatmeal Bar Milk Fat Free (Skim) Milk🌱 Low Fat (1%) Milk	Breakfast Entree 16 Maple Turkey Sausage Pancake Wrap Yogurt & Granola Parfait Fruit Assorted Fruit🌱🌱 Milk Fat Free (Skim) Milk🌱 Low Fat (1%) Milk	Breakfast Entree 17 Mozzarella String Cheese Fruit Assorted Fruit🌱🌱 Grains Assorted Muffins Milk Fat Free (Skim) Milk🌱 Low Fat (1%) Milk	Breakfast Entree 18 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 19 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 22 Whole Grain Cereal Fruit Assorted Fruit🌱🌱 Grains Soft Oatmeal Blueberry Bar🌱🌱 Milk Fat Free (Skim) Milk🌱 Low Fat (1%) Milk	Breakfast Entree 23 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 24 Turkey Ham & Cheese on a Croissant Whole Grain Bagel with Cream Cheese🌱 Fruit Assorted Fruit🌱🌱 Milk Fat Free (Skim) Milk🌱 Low Fat (1%) Milk	Breakfast Entree 25 Chocolate Chip Banana Bread🌱 Fruit Assorted Fruit🌱🌱 Milk Fat Free (Skim) Milk🌱 Low Fat (1%) Milk	Breakfast Entree 26 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 29 Whole Grain Waffles🌱 Assorted Cereal and Grahams Fruit Assorted Fruit🌱🌱 Milk Fat Free (Skim) Milk🌱 Low Fat (1%) Milk Misc. Breakfast Syrup🌱🌱	Breakfast Entree 30 Apple strudel Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit🌱🌱 Grains Bug Bites🌱 Milk Fat Free (Skim) Milk🌱 Low Fat (1%) Milk			

Contains Pork:  Gluten Free:  Kosher:  Locally Grown:  Organic:  Vegan:  Vegetarian: 

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