

October

Harmony Public Charter School

PreK- 12 Breakfast Menu

		Breakfast Entree 1 Mini Cinnis Whole Grain Bagel with Cream Cheese  Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 2 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 3 Turkey Sausage & Egg Biscuit Sandwich Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit   Grains Whole Grain Assorted Muffins Milk Fat Free (Skim) Milk  Low Fat (1%) Milk
Breakfast Entree 6 Whole Grain Cereal Fruit Assorted Fruit   Grains Apple Oatmeal Bar Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 7 Maple Turkey Sausage Pancake Wrap  Yogurt & Granola Parfait Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 8 Mozzarella String Cheese Fruit Assorted Fruit   Grains Assorted Muffins Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 9 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 10 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 13 Whole Grain Cereal Fruit Assorted Fruit Grains Soft Oatmeal Blueberry Bar Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 14 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 15 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 16 Chocolate Chip Banana Bread Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 17 Egg & Cheese on Biscuit Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit Grains Whole Grain Assorted Muffins Milk Fat Free (Skim) Milk Low Fat (1%) Milk
Breakfast Entree 20 Whole Grain Waffles Assorted Cereal and Grahams Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk Misc. Breakfast Syrup 	Breakfast Entree 21 Apple strudel Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit Grains Bug Bites Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 22 Mini Cinnis Whole Grain Bagel with Cream Cheese Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 23 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 24 Turkey Sausage & Egg Biscuit Sandwich Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit Grains Whole Grain Assorted Muffins Milk Fat Free (Skim) Milk Low Fat (1%) Milk
Breakfast Entree 27 Whole Grain Cereal Fruit Assorted Fruit Grains Apple Oatmeal Bar Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 28 Maple Turkey Sausage Pancake Wrap Yogurt & Granola Parfait Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 29 Mozzarella String Cheese Fruit Assorted Fruit Grains Assorted Muffins Milk Fat Free (Skim) Milk Low Fat (1%) Milk	Breakfast Entree 30 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 31 Turkey Ham & Cheese on a Bagel Whole Grain Bagel with Cream Cheese Fruit Assorted Fruit Milk Fat Free (Skim) Milk Low Fat (1%) Milk

Gluten Free: Kosher: Organic: Peanut Free: Vegan: Vegetarian: Whole Grain-Rich:

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