

November

Harmony Public Charter School

PreK- 12 Breakfast Menu

Breakfast Entree 3 Whole Grain Cereal Fruit Assorted Fruit   Grains Soft Oatmeal Blueberry Bar   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 4 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 5 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 6 Chocolate Chip Banana Bread  Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 7 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 10 Whole Grain Waffles  Assorted Cereal and Grahams Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk Misc. Breakfast Syrup  	Breakfast Entree 11 Apple strudel Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit   Grains Bug Bites  Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 12 Mini Cinnis Whole Grain Bagel with Cream Cheese  Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 13 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 14 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 17 Whole Grain Cereal Fruit Assorted Fruit   Grains Apple Oatmeal Bar Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 18 Maple Turkey Sausage Pancake Wrap Yogurt & Granola Parfait Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 19 Mozzarella String Cheese Fruit Assorted Fruit   Grains Assorted Muffins Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 20 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 21 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 24 Whole Grain Cereal Fruit Assorted Fruit   Grains Soft Oatmeal Blueberry Bar   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 25 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 26 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 27 Chocolate Chip Banana Bread  Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 28 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

Gluten Free:  Kosher:  Vegan:  Vegetarian: 

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