

## **November**

## **Harmony Public Charter School**

PreK- 12 Breakfast Menu

**Breakfast Entree** Whole Grain Cereal

Fruit

Assorted Fruit (1)



Blueberry Bar (U) (\*\*)

Milk

Fat Free (Skim) Milk

Low Fat (1%) Milk

**Breakfast Entree** Whole Grain Pancakes

Low Fat Strawberry Banana Yogurt

Fruit

Assorted Fruit (17)



Grains

Bug Bites (U)

Milk

Fat Free (Skim) Milk

Low Fat (1%) Milk Misc.

Breakfast Syrup (11) **(** 

**Breakfast Entree** 

Turkey Ham & Cheese on a Croissant

Whole Grain Bagel with Cream Cheese

Fruit

Assorted Fruit (Y)



Milk

Fat Free (Skim) Milk

Low Fat (1%) Milk

**Breakfast Entree** 

Chocolate Chip Banana Bread (\*\*)

Fruit

Assorted Fruit (11)



Milk

Fat Free (Skim) Milk

Low Fat (1%) Milk

**Breakfast Entree** 

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** 

Whole Grain Waffles

Assorted Cereal and Grahams

Fruit

Assorted Fruit (Y) (\*\*)



Milk

Fat Free (Skim) Milk

Low Fat (1%) Milk

Misc.

Breakfast Syrup (Y) 

10 **Breakfast Entree** 

> Apple strudel Low Fat Strawberry Banana Yogurt

Fruit



Assorted Fruit (Y) (\*\*)



Grains

Bug Bites (U)

Milk

Fat Free (Skim) Milk

Low Fat (1%) Milk

11 **Breakfast Entree** 

> Mini Cinnis Whole Grain Bagel with Cream Cheese

Fruit

Assorted Fruit (Y) (\*\*)



Milk

Fat Free (Skim) Milk

Low Fat (1%) Milk

**Breakfast Entree** 

Whole Grain French **Toast Sticks** Assorted Cereal and

Grahams

Fruit

Assorted Fruit (Y) (\*)



Milk

Fat Free (Skim) Milk

Low Fat (1%) Milk

Misc.

Breakfast Syrup (Y)



13 **Breakfast Entree** 

> Turkey Sausage & Egg **Biscuit Sandwich**

Low Fat Strawberry

Banana Yogurt

Fruit

Assorted Fruit (11)



14

Grains

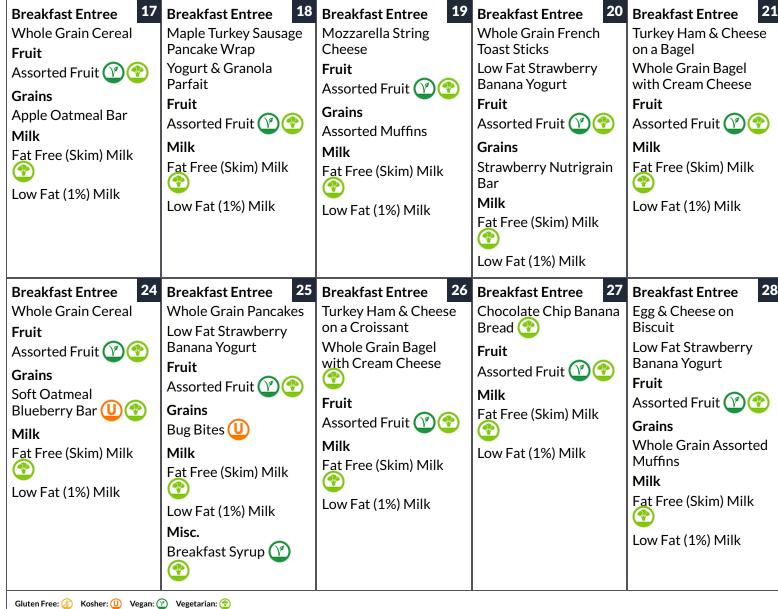
Whole Grain Assorted Muffins

Milk

Fat Free (Skim) Milk



Low Fat (1%) Milk



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