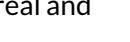


January

Harmony Public Charter School

PreK- 12 Breakfast Menu

			<p>Breakfast Entree Whole Grain French Toast Sticks  Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit  Grains Strawberry Nutrigrain Bar Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT-FREE</p>	1	<p>Breakfast Entree Turkey Ham & Cheese on a Bagel Whole Grain Bagel with Cream Cheese Fruit Assorted Fruit  Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT-FREE</p>	2
<p>Breakfast Entree 5 Whole Grain Cereal Fruit Assorted Fruit  Grains Soft Oatmeal Blueberry Bar 1WG  Milk MILK, SKIM CARTON GABLE TOP REF FAT-FREE MILK, 1% LOW FAT CARTON REF  Pearl Organic Original Soymilk  Misc. Part-Skim Mozzarella String Cheese</p>	<p>Breakfast Entree 6 Whole Grain Pancakes Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit  Grains Bug Bites  Milk MILK, SKIM CARTON GABLE TOP REF FAT-FREE MILK, 1% LOW FAT CARTON REF  Pearl Organic Original Soymilk  Misc. Table Syrup Cup</p>	<p>Breakfast Entree 7 Turkey Ham & Cheese on a Croissant Whole Grain Bagel with Cream Cheese Fruit Assorted Fruit  Milk MILK, SKIM CARTON GABLE TOP REF FAT-FREE MILK, 1% LOW FAT CARTON REF  Pearl Organic Original Soymilk </p>	<p>Breakfast Entree 8 Chocolate Chip Banana Bread  Fruit Assorted Fruit  Milk MILK, SKIM CARTON GABLE TOP REF FAT-FREE MILK, 1% LOW FAT CARTON REF  Pearl Organic Original Soymilk </p>	<p>Breakfast Entree 9 Egg & Cheese on Biscuit  Assorted Muffins  Fruit Assorted Fruit  Grains Whole Grain Assorted Muffins Milk MILK, SKIM CARTON GABLE TOP REF FAT-FREE MILK, 1% LOW FAT CARTON REF  Pearl Organic Original Soymilk  Misc. Low Fat Strawberry Banana Yogurt</p>		

<p>Breakfast Entree 12 Whole Grain Waffles  Assorted Cereal and Grahams  Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk  Misc. Breakfast Syrup  </p>	<p>Breakfast Entree 13 Apple Strudel Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit   Grains Bug Bites  Milk Fat Free (Skim) Milk  Low Fat (1%) Milk  </p>	<p>Breakfast Entree 14 Mini Cinnis Whole Grain Bagel with Cream Cheese  Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk </p>	<p>Breakfast Entree 15 Whole Grain French Toast Sticks  Assorted Cereal and Grahams  Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk  Misc. Breakfast Syrup  </p>	<p>Breakfast Entree 16 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 </p>
<p>Breakfast Entree 19 Whole Grain Cereal Fruit Assorted Fruit   Grains Apple Oatmeal Bar Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT-FREE Misc. Part-Skim Mozzarella String Cheese </p>	<p>Breakfast Entree 20 Pancake Turkey Sausage on a Stick Yogurt & Granola Parfait Fruit Assorted Fruit   Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT-FREE </p>	<p>Breakfast Entree 21 Assorted Muffins  Fruit Assorted Fruit   Grains Assorted Muffins Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT-FREE Misc. Part-Skim Mozzarella String Cheese </p>	<p>Breakfast Entree 22 Whole Grain French Toast Sticks  Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit   Grains Strawberry Nutrigrain Bar Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT-FREE </p>	<p>Breakfast Entree 23 Turkey Ham & Cheese on a Bagel Whole Grain Bagel with Cream Cheese Fruit Assorted Fruit   Milk MILK, 1% LOW FAT CARTON REF  MILK, SKIM CARTON GABLE TOP REF FAT-FREE </p>
<p>Breakfast Entree 26 Whole Grain Cereal Fruit Assorted Fruit   Grains Soft Oatmeal Blueberry Bar 1WG  Milk MILK, SKIM CARTON GABLE TOP REF FAT-FREE MILK, 1% LOW FAT CARTON REF  Pearl Organic Original Soymilk  Misc. Part-Skim Mozzarella String Cheese </p>	<p>Breakfast Entree 27 Whole Grain Pancakes Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit   Grains Bug Bites  Milk MILK, SKIM CARTON GABLE TOP REF FAT-FREE MILK, 1% LOW FAT CARTON REF  Pearl Organic Original Soymilk  Misc. Table Syrup Cup </p>	<p>Breakfast Entree 28 Turkey Ham & Cheese on a Croissant Whole Grain Bagel with Cream Cheese  Fruit Assorted Fruit   Milk MILK, SKIM CARTON GABLE TOP REF FAT-FREE MILK, 1% LOW FAT CARTON REF  Pearl Organic Original Soymilk  </p>	<p>Breakfast Entree 29 Chocolate Chip Banana Bread  Fruit Assorted Fruit   Milk MILK, SKIM CARTON GABLE TOP REF FAT-FREE MILK, 1% LOW FAT CARTON REF  Pearl Organic Original Soymilk  </p>	<p>Breakfast Entree 30 Egg & Cheese on Biscuit  Assorted Muffins  Fruit Assorted Fruit   Grains Whole Grain Assorted Muffins Milk MILK, SKIM CARTON GABLE TOP REF FAT-FREE MILK, 1% LOW FAT CARTON REF  Pearl Organic Original Soymilk  Misc. Low Fat Strawberry Banana Yogurt </p>

Gluten Free:  GMO Free:  Kosher:  Organic:  Vegan:  Vegetarian: 

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