

# January

## Harmony Public Charter School

### PreK- 12 Breakfast Menu

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

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

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

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