

# February

## Harmony Public Charter School

### PreK- 12 Breakfast Menu

<b>Breakfast Entree</b> 2	<b>Breakfast Entree</b> 3	<b>Breakfast Entree</b> 4	<b>Breakfast Entree</b> 5	<b>Breakfast Entree</b> 6
Whole Grain Waffles  Assorted Cereal and Grahams <b>Fruit</b> Assorted Fruit   <b>Milk</b> MILK, SKIM CARTON (DC) MILK, 1% LOW FAT CARTON (DC)  Pearl Organic Original Soymilk  <b>Condiments</b> Table Syrup Cup	Apple Strudel  Low Fat Strawberry Banana Yogurt <b>Fruit</b> Assorted Fruit   <b>Grains</b> Bug Bites Crackers  <b>Milk</b> MILK, SKIM CARTON (DC) MILK, 1% LOW FAT CARTON (DC)  Pearl Organic Original Soymilk  Pearl Organic Original Soymilk 	Mini Cinnis Whole Grain Bagel with Cream Cheese  <b>Fruit</b> Assorted Fruit   <b>Milk</b> MILK, SKIM CARTON (DC) MILK, 1% LOW FAT CARTON (DC)  Pearl Organic Original Soymilk 	Whole Grain French Toast Sticks   Assorted Cereal and Grahams <b>Fruit</b> Assorted Fruit   <b>Milk</b> MILK, SKIM CARTON (DC) MILK, 1% LOW FAT CARTON (DC)  Pearl Organic Original Soymilk  <b>Condiments</b> Table Syrup Cup	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> MILK, SKIM CARTON (DC) MILK, 1% LOW FAT CARTON (DC)  Pearl Organic Original Soymilk  Pearl Organic Original Soymilk 
<b>Breakfast Entree</b> 9	<b>Breakfast Entree</b> 10	<b>Breakfast Entree</b> 11	<b>Breakfast Entree</b> 12	<b>Breakfast Entree</b> 13
Whole Grain Cereal  <b>Fruit</b> Assorted Fruit   <b>Grains</b> Apple Oatmeal Bar <b>Milk</b> MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Pearl Organic Original Soymilk  <b>Misc.</b> Part-Skim Mozzarella String Cheese	Pancake Turkey Sausage on a Stick  Yogurt & Granola Parfait <b>Fruit</b> Assorted Fruit   <b>Milk</b> MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Pearl Organic Original Soymilk 	Assorted Muffins  <b>Fruit</b> Assorted Fruit   <b>Grains</b> Assorted Muffins <b>Milk</b> MILK, 1% LOW FAT CARTON (DC)  MILK, SKIM CARTON (DC) Pearl Organic Original Soymilk  <b>Misc.</b> Part-Skim Mozzarella String Cheese	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 (DC)  MILK, SKIM CARTON (DC) Pearl Organic Original Soymilk 	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 (DC)  MILK, SKIM CARTON (DC) Pearl Organic Original Soymilk 

<b>Breakfast Entree</b>	<b>16</b>	<b>Breakfast Entree</b>	<b>17</b>	<b>Breakfast Entree</b>	<b>18</b>	<b>Breakfast Entree</b>	<b>19</b>	<b>Breakfast Entree</b>	<b>20</b>
Whole Grain Cereal		Whole Grain Pancakes		Turkey Ham & Cheese on a Croissant		Chocolate Chip Banana Bread		Egg & Cheese on Biscuit	
		Low Fat Strawberry Banana Yogurt							
<b>Fruit</b>		<b>Fruit</b>		<b>Fruit</b>		<b>Fruit</b>		<b>Fruit</b>	
Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit	
									
<b>Grains</b>		<b>Grains</b>		<b>Grains</b>		<b>Grains</b>		<b>Grains</b>	
Soft Oatmeal		Bug Bites Crackers		MILK, SKIM CARTON (DC)		MILK, SKIM CARTON (DC)		Whole Grain Assorted Muffins	
Blueberry Bar 1WG				MILK, 1% LOW FAT CARTON (DC)		MILK, 1% LOW FAT CARTON (DC)		MILK	
								MILK, SKIM CARTON (DC)	
<b>Milk</b>		<b>Milk</b>		<b>Milk</b>		<b>Milk</b>		MILK, 1% LOW FAT CARTON (DC)	
MILK, SKIM CARTON (DC)		MILK, SKIM CARTON (DC)		MILK, 1% LOW FAT CARTON (DC)		Pearl Organic Original Soymilk			
MILK, 1% LOW FAT CARTON (DC)						Pearl Organic Original Soymilk			
Pearl Organic Original Soymilk		Pearl Organic Original Soymilk		Pearl Organic Original Soymilk		Pearl Organic Original Soymilk		Pearl Organic Original Soymilk	
<b>Misc.</b>		<b>Condiments</b>						<b>Misc.</b>	
Part-Skim Mozzarella String Cheese		Table Syrup Cup						Low Fat Strawberry Banana Yogurt	
<b>Breakfast Entree</b>	<b>23</b>	<b>Breakfast Entree</b>	<b>24</b>	<b>Breakfast Entree</b>	<b>25</b>	<b>Breakfast Entree</b>	<b>26</b>	<b>Breakfast Entree</b>	<b>27</b>
Whole Grain Waffles		Apple Strudel		Mini Cinnis		Whole Grain French Toast Sticks		Turkey Sausage & Egg Biscuit Sandwich	
		Low Fat Strawberry Banana Yogurt							
<b>Fruit</b>		<b>Fruit</b>		<b>Fruit</b>		<b>Fruit</b>		<b>Fruit</b>	
Assorted Cereal and Grahams		Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit	
									
<b>Grains</b>		<b>Grains</b>		<b>Grains</b>		<b>Grains</b>		<b>Grains</b>	
Bug Bites Crackers		Milk		Bug Bites Crackers		Milk		Whole Grain Assorted Muffins	
		Milk				Milk		MILK	
MILK, SKIM CARTON (DC)		MILK, SKIM CARTON (DC)		MILK, SKIM CARTON (DC)		MILK, SKIM CARTON (DC)		MILK, SKIM CARTON (DC)	
MILK, 1% LOW FAT CARTON (DC)		MILK, 1% LOW FAT CARTON (DC)		MILK, 1% LOW FAT CARTON (DC)		MILK, 1% LOW FAT CARTON (DC)		MILK, 1% LOW FAT CARTON (DC)	
									
Pearl Organic Original Soymilk		MILK, 1% LOW FAT CARTON (DC)		Pearl Organic Original Soymilk		Pearl Organic Original Soymilk		Pearl Organic Original Soymilk	
<b>Misc.</b>		Breakfast Syrup		Pearl Organic Original Soymilk		Breakfast Syrup		Breakfast Syrup	
									
<b>Condiments</b>									
Table Syrup Cup									

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

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