

February

Harmony Public Charter School

PreK- 12 Breakfast Menu

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

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

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

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