

GENUINE

REAL FOOD REAL IMPACT

April

Harmony Public Charter School

PreK- 12 Breakfast Menu

		<p>Breakfast Entree 1</p> <p>Turkey Ham & Cheese on a Croissant</p> <p>Whole Grain Bagel with Cream Cheese </p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 2</p> <p>Chocolate Chip Banana Bread </p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 3</p> <p>Egg & Cheese on Biscuit</p> <p>Assorted Yogurt Cup</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Grains</p> <p>Whole Grain Assorted Muffins</p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>
<p>Breakfast Entree 6</p> <p>Whole Grain Waffles </p> <p>Assorted Cereal and Grahams</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p> <p>Condiments</p> <p>Table Syrup Cup</p>	<p>Breakfast Entree 7</p> <p>Apple Strudel </p> <p>Low Fat Strawberry Banana Yogurt</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Grains</p> <p>Bug Bites Crackers  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 8</p> <p>Mini Cinnis</p> <p>Whole Grain Bagel with Cream Cheese </p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 9</p> <p>Whole Grain French Toast Sticks  </p> <p>Assorted Cereal and Grahams</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p> <p>Condiments</p> <p>Table Syrup Cup</p>	<p>Breakfast Entree 10</p> <p>Turkey Sausage & Egg Biscuit Sandwich </p> <p>Assorted Yogurt Cup</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Grains</p> <p>Whole Grain Assorted Muffins</p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>
<p>Breakfast Entree 13</p> <p>Whole Grain Cereal </p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Grains</p> <p>Apple Oatmeal Bar</p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 14</p> <p>Maple Turkey Sausage Pancake Wrap, 1MMA 1WG </p> <p>Yogurt & Granola Parfait</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 15</p> <p>Mozzarella String Cheese</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Grains</p> <p>Assorted Muffins</p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 16</p> <p>Whole Grain French Toast Sticks  </p> <p>Assorted Yogurt Cup</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Grains</p> <p>Strawberry Nutrigrain Bar</p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 17</p> <p>Turkey Ham & Cheese on a Bagel</p> <p>Whole Grain Bagel with Cream Cheese </p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>

<p>Breakfast Entree 20</p> <p>Whole Grain Cereal </p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Grains</p> <p>Apple Oatmeal Bar</p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 21</p> <p>Whole Grain Pancakes</p> <p>Assorted Yogurt Cup</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Grains</p> <p>Bug Bites Crackers </p> <p></p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p> <p>Misc.</p> <p>Breakfast Syrup </p> <p></p>	<p>Breakfast Entree 22</p> <p>Turkey Ham & Cheese on a Croissant</p> <p>Whole Grain Bagel with Cream Cheese</p> <p></p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 23</p> <p>Chocolate Chip Banana Bread </p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 24</p> <p>Egg & Cheese on Biscuit</p> <p>Assorted Yogurt Cup</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Grains</p> <p>Whole Grain Assorted Muffins</p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>
<p>Breakfast Entree 27</p> <p>Whole Grain Waffles </p> <p>Assorted Cereal and Grahams</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p> <p>Misc.</p> <p>Breakfast Syrup </p> <p></p>	<p>Breakfast Entree 28</p> <p>Apple Strudel </p> <p>Low Fat Strawberry Banana Yogurt</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Grains</p> <p>Bug Bites Crackers </p> <p></p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 29</p> <p>Mini Cinnis</p> <p>Whole Grain Bagel with Cream Cheese</p> <p></p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p>	<p>Breakfast Entree 30</p> <p>Whole Grain French Toast Sticks  </p> <p>Assorted Cereal and Grahams</p> <p>Fruit</p> <p>Assorted Fruit  </p> <p>Milk</p> <p>Fat Free (Skim) Milk </p> <p>Low Fat (1%) Milk</p> <p>Misc.</p> <p>Breakfast Syrup </p> <p></p>	

Gluten Free:  GMO Free:  Kosher:  Organic:  Vegan:  Vegetarian:  Whole Grain-Rich: 

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