GENUINE
REAL FOOD REAL IMPACT

March

Harmony Public Charter School
PreK- 12 Breakfast Menu

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

16 **Breakfast Entree** Whole Grain Waffles Assorted Cereal and Grahams **Fruit** Assorted Fruit **Milk** MILK, SKIM CARTON (DC) MILK, 1% LOW FAT CARTON (DC) Vanilla Soymilk **Misc.** Breakfast Syrup	**17** **Breakfast Entree** 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) Vanilla Soymilk	**18** **Breakfast Entree** Mini Cinnis Whole Grain Bagel with Cream Cheese **Fruit** Assorted Fruit **Milk** MILK, SKIM CARTON (DC) MILK, 1% LOW FAT CARTON (DC) Vanilla Soymilk	**19** **Breakfast Entree** Whole Grain French Toast Sticks Assorted Cereal and Grahams **Fruit** Assorted Fruit **Milk** MILK, SKIM CARTON (DC) MILK, 1% LOW FAT CARTON (DC) Vanilla Soymilk **Misc.** Breakfast Syrup **Condiments** Table Syrup Cup	**20** **Breakfast Entree** 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) Vanilla Soymilk
23 **Breakfast Entree** 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	**24** **Breakfast Entree** 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	**25** **Breakfast Entree** 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	**26** **Breakfast Entree** Whole Grain French Toast Sticks Assorted Cereal and Grahams **Fruit** Assorted Fruit **Grains** Strawberry Nutrigrain Bar **Milk** MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Pearl Organic Original Soymilk **Condiments** Table Syrup Cup	**27** **Breakfast Entree** Turkey Sausage & Egg Biscuit Sandwich Low Fat Strawberry Banana Yogurt **Fruit** Assorted Fruit **Milk** MILK, 1% LOW FAT CARTON (DC) MILK, SKIM CARTON (DC) Pearl Organic Original Soymilk
30	**31**			

Kosher: Vegan: Vegetarian: Whole Grain-Rich:

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