



# GENUINE

## REAL FOOD REAL IMPACT

# May

## Harmony Public Charter School

### PreK- 12 Breakfast Menu

				<b>Breakfast Entree</b> <b>1</b> Turkey Sausage & Egg Biscuit Sandwich Assorted Yogurt Cup <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>4</b> Whole Grain Cereal <b>Fruit</b> Assorted Fruit <b>Grains</b> Apple Oatmeal Bar <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk	<b>Breakfast Entree</b> <b>5</b> Maple Turkey Sausage Pancake Wrap, 1MMA 1WG Yogurt & Granola Parfait <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk	<b>Breakfast Entree</b> <b>6</b> Mozzarella String Cheese <b>Fruit</b> Assorted Fruit <b>Grains</b> Assorted Muffins <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk	<b>Breakfast Entree</b> <b>7</b> Whole Grain French Toast Sticks Assorted Yogurt Cup <b>Fruit</b> Assorted Fruit <b>Grains</b> Strawberry Nutrigrain Bar <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk	<b>Breakfast Entree</b> <b>8</b> Turkey Ham & Cheese on a Bagel 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>11</b> Whole Grain Cereal <b>Fruit</b> Assorted Fruit <b>Grains</b> Apple Oatmeal Bar <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk	<b>Breakfast Entree</b> <b>12</b> Maple Turkey Sausage Pancake Wrap, 1MMA 1WG Yogurt & Granola Parfait <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk	<b>Breakfast Entree</b> <b>13</b> Mozzarella String Cheese <b>Fruit</b> Assorted Fruit <b>Grains</b> Assorted Muffins <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk	<b>Breakfast Entree</b> <b>14</b> Whole Grain French Toast Sticks Assorted Yogurt Cup <b>Fruit</b> Assorted Fruit <b>Grains</b> Strawberry Nutrigrain Bar <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk	<b>Breakfast Entree</b> <b>15</b> Turkey Ham & Cheese on a Bagel 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 18</b> Whole Grain Cereal <b>Fruit</b> Assorted Fruit <b>Grains</b> Apple Oatmeal Bar <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk	<b>Breakfast Entree 19</b> Whole Grain Pancakes Assorted Yogurt Cup <b>Fruit</b> Assorted Fruit <b>Grains</b> Bug Bites Crackers <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk <b>Misc.</b> Breakfast Syrup	<b>Breakfast Entree 20</b> Turkey Ham & Cheese on a Croissant 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 21</b> Chocolate Chip Banana Bread <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk	<b>Breakfast Entree 22</b> Egg & Cheese on Biscuit Assorted Yogurt Cup <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 25</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 26</b> Apple Strudel Low Fat Strawberry Banana Yogurt <b>Fruit</b> Assorted Fruit <b>Grains</b> Bug Bites Crackers <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk	<b>Breakfast Entree 27</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 28</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 29</b> Turkey Sausage & Egg Biscuit Sandwich Assorted Yogurt Cup <b>Fruit</b> Assorted Fruit <b>Grains</b> Whole Grain Assorted Muffins <b>Milk</b> Fat Free (Skim) Milk Low Fat (1%) Milk

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