

GENUINE

REAL FOOD REAL IMPACT

October

Harmony Public Charter School

26-27 Genuine Foods Breakfast DC

			Breakfast Entree 1 Whole Grain French Toast Sticks   Assorted Cereal and Grahams Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Milk Fat Free (Skim) Milk  Low Fat (1%) Milk Condiments Syrup	Breakfast Entree 2 Turkey Sausage & Egg Biscuit Sandwich  Assorted Yogurt Cup Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Whole Grain Assorted Muffins Milk Fat Free (Skim) Milk  Low Fat (1%) Milk
Breakfast Entree 5 Whole Grain Cereal  Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Apple Oatmeal Bar Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 6 Maple Turkey Sausage Pancake Wrap, 1MMA 1WG  Yogurt & Granola Parfait Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 7 Mozzarella String Cheese Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Assorted Muffins Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 8 Whole Grain French Toast Sticks   Assorted Yogurt Cup Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Strawberry Nutrigrain Bar Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 9 Turkey Ham & Cheese on a Bagel Whole Grain Bagel with Cream Cheese  Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Milk Fat Free (Skim) Milk  Low Fat (1%) Milk

Breakfast Entree 12 Whole Grain Cereal  Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Soft Oatmeal Blueberry Bar 1WG    Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 13 Whole Grain Pancakes Assorted Yogurt Cup Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Bug Bites Crackers   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk Condiments Syrup	Breakfast Entree 14 Turkey Ham & Cheese on a Croissant Whole Grain Bagel with Cream Cheese  Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 15 Chocolate Chip Banana Bread  Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 16 Egg & Cheese on Biscuit Assorted Yogurt Cup Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Whole Grain Assorted Muffins Milk Fat Free (Skim) Milk  Low Fat (1%) Milk
Breakfast Entree 19 Whole Grain Waffles  Assorted Cereal and Grahams Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Milk Fat Free (Skim) Milk  Low Fat (1%) Milk Condiments Syrup	Breakfast Entree 20 Apple Strudel  Low Fat Strawberry Banana Yogurt Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Bug Bites Crackers   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 21 Mini Cinnis Whole Grain Bagel with Cream Cheese  Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 22 Whole Grain French Toast Sticks   Assorted Cereal and Grahams Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Milk Fat Free (Skim) Milk  Low Fat (1%) Milk Condiments Syrup	Breakfast Entree 23 Turkey Sausage & Egg Biscuit Sandwich  Assorted Yogurt Cup Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Whole Grain Assorted Muffins Milk Fat Free (Skim) Milk  Low Fat (1%) Milk

Breakfast Entree 26 Whole Grain Cereal  Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Apple Oatmeal Bar Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 27 Maple Turkey Sausage Pancake Wrap, 1MMA 1WG  Yogurt & Granola Parfait Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Assorted Muffins Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 28 Mozzarella String Cheese Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Assorted Muffins Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 29 Whole Grain French Toast Sticks   Assorted Yogurt Cup Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Grains Strawberry Nutrigrain Bar Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 30 Turkey Ham & Cheese on a Bagel Whole Grain Bagel with Cream Cheese  Fruit Banana Fresh Apple Fresh Pear  Unsweetened Applesauce Fresh Orange   Dried Strawberry Cranberries Milk Fat Free (Skim) Milk  Low Fat (1%) Milk
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Gluten Free: 
Kosher: 
Locally Grown: 
Vegan: 
Vegetarian: 
Whole Grain-Rich: 

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