

GENUINE

REAL FOOD REAL IMPACT

September

Harmony Public Charter School

26-27 Genuine Foods Breakfast DC

	Breakfast Entree 1 Whole Grain Pancakes Assorted Yogurt Cup Fruit Assorted Fruit   Grains Bug Bites Crackers  Milk Fat Free (Skim) Milk  Low Fat (1%) Milk Condiments Syrup	Breakfast Entree 2 Turkey Ham & Cheese on a Croissant Whole Grain Bagel with Cream Cheese  Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 3 Chocolate Chip Banana Bread  Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 4 Egg & Cheese on Biscuit Assorted Yogurt Cup Fruit Assorted Fruit   Grains Whole Grain Assorted Muffins Milk Fat Free (Skim) Milk  Low Fat (1%) Milk
Breakfast Entree 7 Whole Grain Waffles  Assorted Cereal and Grahams Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk Condiments Syrup	Breakfast Entree 8 Apple Strudel  Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit   Grains Bug Bites Crackers  Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 9 Mini Cinnis Whole Grain Bagel with Cream Cheese  Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk	Breakfast Entree 10 Whole Grain French Toast Sticks   Assorted Cereal and Grahams Fruit Assorted Fruit   Milk Fat Free (Skim) Milk  Low Fat (1%) Milk Condiments Syrup	Breakfast Entree 11 Turkey Sausage & Egg Biscuit Sandwich  Assorted Yogurt Cup Fruit Assorted Fruit   Grains Whole Grain Assorted Muffins Milk Fat Free (Skim) Milk  Low Fat (1%) Milk

Breakfast Entree 14 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 15 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 16 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 17 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 18 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 21 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 22 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 23 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 24 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 25 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 28 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 29 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 30 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		
Gluten Free:  Kosher:  Locally Grown:  Vegan:  Vegetarian:  Whole Grain-Rich:  This institution is an equal opportunity provider. Menu subject to change.				