GENUINE
REAL FOOD REAL IMPACT

November

Harmony Public Charter School
26-27 Genuine Foods Breakfast DC

2 **Breakfast Entree** 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	**3** **Breakfast Entree** 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	**4** **Breakfast Entree** 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	**5** **Breakfast Entree** 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	**6** **Breakfast Entree** 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
9 **Breakfast Entree** 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	**10** **Breakfast Entree** 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	**11** **Breakfast Entree** 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	**12** **Breakfast Entree** 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	**13** **Breakfast Entree** 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

16	17	18	19	20
Breakfast Entree 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** 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** 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** 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** 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
23	24	25	26	27
Breakfast Entree 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** 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** 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** 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** 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 30 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				

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

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