

January 2025

Harmony Union School District Breakfast 24/25

		01 Winter Break	02 Winter Break	03 Winter Break
06 Winter Break	07 Breakfast Entree WG Bagel w/ Cream Cheese Cinnamon Chex Cereal Fruit Apple Organic fresh oranges Milk 1% Milk Nonfat milk	08 Breakfast Entree Cinnamon Chex Cereal Strawberry smoothie and whole wheat toast Fruit Apple Fresh Banana Milk 1% Milk Nonfat milk	09 Breakfast Entree Oatmeal w/ Butter & Maple Syrup Cinnamon Chex Cereal Fruit Apple Organic fresh oranges Milk 1% Milk Nonfat milk	10 Breakfast Entree Pancakes Cinnamon Chex Cereal Fruit Apple Fresh Banana Milk 1% Milk Nonfat milk Misc. Maple Syrup
13 Breakfast Entree Cinnamon Chex Cereal Fruit Apple Organic fresh oranges Grains Apple cinnamon muffins Milk 1% Milk Nonfat milk	14 Breakfast Entree WG Bagel w/ Cream Cheese Cinnamon Chex Cereal Fruit Apple Organic fresh oranges Milk 1% Milk Nonfat milk	15 Breakfast Entree Cinnamon Chex Cereal Fruit Apple Fresh Banana Grains Homemade granola Milk 1% Milk Nonfat milk Misc. Organic Clover Lowfat Yogurt	16 Breakfast Entree Oatmeal w/ Butter & Maple Syrup Cinnamon Chex Cereal Fruit Apple Organic fresh oranges Milk 1% Milk Nonfat milk	17 Breakfast Entree Cinnamon Chex Cereal Pancakes Fruit Apple Fresh Banana Milk 1% Milk Nonfat milk Misc. Maple Syrup
20 MLK day	21 Breakfast Entree WG Bagel w/ Cream Cheese Cinnamon Chex Cereal Fruit Apple Organic fresh oranges Milk 1% Milk Nonfat milk	22 Breakfast Entree Orange Dreamsicle Smoothie and Graham Crackers Cinnamon Chex Cereal Fruit Apple Fresh Orange Milk 1% Milk Nonfat milk	23 Breakfast Entree Oatmeal w/ Butter & Maple Syrup Cinnamon Chex Cereal Fruit Apple Organic fresh oranges Milk 1% Milk Nonfat milk	24 Breakfast Entree Pancakes Cinnamon Chex Cereal Fruit Apple Fresh Orange Milk 1% Milk Nonfat milk Misc. Maple Syrup
27 Breakfast Entree Cinnamon Chex Cereal Fruit Apple Organic fresh oranges Grains Apple cinnamon muffins Milk 1% Milk Nonfat milk	28 Breakfast Entree WG Bagel w/ Cream Cheese Cinnamon Chex Cereal Fruit Apple Organic fresh oranges Milk 1% Milk Nonfat milk	29 Breakfast Entree Cinnamon Chex Cereal Fruit Apple Fresh Banana Grains Homemade granola Milk 1% Milk Nonfat milk Misc. Organic Clover Lowfat Yogurt	30 Breakfast Entree Oatmeal w/ Butter & Maple Syrup Cinnamon Chex Cereal Fruit Apple Organic fresh oranges Milk 1% Milk Nonfat milk	31 Breakfast Entree Cinnamon Chex Cereal Pancakes Fruit Apple Fresh Banana Milk 1% Milk Nonfat milk Misc. Maple Syrup

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling [\(866\) 632-9992](tel:(866)632-9992), or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: [\(833\) 256-1665](tel:(833)256-1665) or [\(202\) 690-7442](tel:(202)690-7442); or
3. email: Program.Intake@usda.gov

This institution is an equal opportunity provider.
