

# October 2024

## Harmony Union School District Breakfast 24/25

	01	02	03	04
	<b>Breakfast Entree</b> Cinnamon Toast Crunch WG Bagel w/ Cream Cheese <b>Fruit</b> Apple Organic fresh oranges <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch Orange Dreamsicle Smoothie and Graham Crackers <b>Fruit</b> Apple Fresh Banana <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch Oatmeal w/ Butter & Maple Syrup <b>Fruit</b> Apple Organic fresh oranges <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch Pancakes <b>Fruit</b> Apple Fresh Banana <b>Milk</b> 1% Milk Nonfat milk <b>Misc.</b> Maple Syrup
07	08	09	10	11
<b>Breakfast Entree</b> Cinnamon Toast Crunch <b>Fruit</b> Apple Organic fresh oranges <b>Grains</b> Banana muffins <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch WG Bagel w/ Cream Cheese <b>Fruit</b> Apple Organic fresh oranges <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch <b>Fruit</b> Apple Fresh Banana <b>Grains</b> Homemade granola <b>Milk</b> 1% Milk Nonfat milk <b>Misc.</b> Organic Clover Lowfat Yogurt	<b>Breakfast Entree</b> Cinnamon Toast Crunch Oatmeal w/ Butter & Maple Syrup <b>Fruit</b> Apple Organic fresh oranges <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch Pancakes <b>Fruit</b> Apple Fresh Banana <b>Milk</b> 1% Milk Nonfat milk <b>Misc.</b> Maple Syrup
14	15	16	17	18
<b>Breakfast Entree</b> Cinnamon Toast Crunch <b>Fruit</b> Apple Fresh Orange <b>Grains</b> Chocolate chip muffins <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch WG Bagel w/ Cream Cheese <b>Fruit</b> Apple Organic fresh oranges <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch Orange Dreamsicle Smoothie and Graham Crackers <b>Fruit</b> Apple Fresh Orange <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch Oatmeal w/ Butter & Maple Syrup <b>Fruit</b> Apple Organic fresh oranges <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch Pancakes <b>Fruit</b> Apple Fresh Orange <b>Milk</b> 1% Milk Nonfat milk <b>Misc.</b> Maple Syrup
21	22	23	24	25
<b>Breakfast Entree</b> Cinnamon Toast Crunch <b>Fruit</b> Apple Fresh Banana <b>Grains</b> Apple cinnamon muffins <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch WG Bagel w/ Cream Cheese <b>Fruit</b> Apple Organic fresh oranges <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch <b>Fruit</b> Apple Fresh Banana <b>Grains</b> Homemade granola <b>Milk</b> 1% Milk Nonfat milk <b>Misc.</b> Organic Clover Lowfat Yogurt	<b>Breakfast Entree</b> Cinnamon Toast Crunch Oatmeal w/ Butter & Maple Syrup <b>Fruit</b> Apple Organic fresh oranges <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch Pancakes <b>Fruit</b> Apple Fresh Banana <b>Milk</b> 1% Milk Nonfat milk <b>Misc.</b> Maple Syrup

28	29	30	31
<b>Breakfast Entree</b> Cinnamon Toast Crunch <b>Fruit</b> Apple Fresh Banana <b>Grains</b> Chocolate chip muffins <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch WG Bagel w/ Cream Cheese <b>Fruit</b> Apple Organic fresh oranges <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch Orange Dreamsicle Smoothie and Graham Crackers <b>Fruit</b> Apple Fresh Banana <b>Milk</b> 1% Milk Nonfat milk	<b>Breakfast Entree</b> Cinnamon Toast Crunch Oatmeal w/ Butter & Maple Syrup <b>Fruit</b> Apple Organic fresh oranges <b>Milk</b> 1% Milk Nonfat milk

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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 or (202) 690-7442; or
3. email: [Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

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