

**RETURN NO LATER THAN**  
**TUESDAY AUGUST 29TH**

**ANY FORMS SUBMITTED LATE CAN NOT BE PROCESSED FOR THE 1ST WEEK!!!**

NAME: \_\_\_\_\_

Grade: \_\_\_\_\_

Directions: (Please retain a copy of your selections at home)

1. Circle which meals your child would like for the month

2. If your child wants only milk, please circle the milk option only per date, and indicate C for chocolate or W for white milk.

Hoboken Charter School K-8 Breakfast Menu

(Menu subject to change by Karson Foods)

**September**

**BREAKFAST**



Breakfast full price: \$2.00

Breakfast reduced price: \$0.30

Lunch full price: \$3.25

Lunch reduced price: \$0.40

Milk only: \$0.40

\* Payment **MUST** accompany your food order.

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
|   |  |   |   | <b>CLOSED FOR LABOR DAY</b> 1  |
| <b>CLOSED FOR LABOR DAY</b> 4   | <b>WELCOME BACK!</b> 5<br>Fruit Cup--1/2 c.<br>Cereal-1 oz.<br>Grahams-2<br>Milk-8 oz.         | 6<br>Diced Peach Cup-1/2 c.<br>Orange Juice-4 oz.<br>Honey Graham Toasters Cereal-1 oz.<br>Whole Grain Bread / Milk-8 oz.           | 7<br>Fresh Apple-1<br>W/G Superdonut-1<br>Milk-8 oz.  | 8<br>Fresh Orange-1<br>Fruit Loops Cereal-1 oz.<br>Bear Grahams-2<br>Milk-8 oz.                |
| 11<br>Fresh Pear-1<br>Cinnamon Toasters<br>Cereal-1 oz.<br>W/G Bread / Milk-8 oz.               | 12<br>Fresh Apple-1<br>Honey Scooters Cereal-1 oz.<br>Strawberry Breakfast Bar-1<br>Milk-8 oz. | 13<br>Fresh Orange-1<br>Whole Grain White Bagel with<br>Cream Cheese-1<br>Milk-8 oz.  | <b>1:00 PM DISMISSAL</b> 14<br>Diced Pear Cup-1/2 c.<br>Apple Juice-4 oz.<br>W/G Superbun-1<br>Milk-8 oz. | 15<br>Fresh Orange-1<br>Cinnamon Frosted Flakes-1 oz.<br>Dino Grahams-2<br>Milk 8 oz.          |
| 18<br>Fresh Apple-1<br>Honey Graham Toasters<br>Cereal-1 oz.<br>Blueberry Bkfst Bar-1/Milk-8oz. | 19<br>Fresh Pear-1<br>W/G Apple Loaf-2 oz.<br>Waffle Grahams-2<br>Milk-8 oz.                   | 20<br>Fresh Orange-1<br>Wheat Bagel w/ Cream Cheese-1<br>Milk-8 oz.   | 21<br><b>CLOSED FOR ROSH HASHANAH</b>   | 22<br>Fresh Pear-1<br>Whole Grain Rice Krispies<br>Cereal-1 oz.<br>Bear Grahams-2 / Milk-8 oz. |
| 25<br>Fresh Orange-1<br>Multigrain Frosted Flakes<br>Cereal-1 oz.<br>W/G Bread / Milk-8 oz.     | 26<br>Fresh Apple-1<br>W/G Banana Loaf-2 oz.<br>Bear Grahams-2<br>Milk-8 oz.                   | 27<br>Strawberry Applesauce Cup-1/2 c.<br>Orange Tangerine Juice-4 oz.<br>Raisin Bran Cereal-1 oz.<br>Waffle Grahams-2 / Milk-8 oz. | 28<br>Fresh Orange-1<br>Whole Grain White Bagel<br>w/ Cream Cheese-1<br>Milk-8 oz.                        | 29<br>Fresh Pear-1<br>Cinnamon Toasters Cereal-1 oz.<br>Dino Grahams-2<br>Mill-8 oz.           |

**RETURN NO LATER THAN**  
**TUESDAY AUGUST 29TH**

Hoboken Charter School K-8 Breakfast Menu  
 (Menu subject to change by Karson Foods)



**ANY FORMS SUBMITTED LATE CAN NOT BE PROCESSED FOR THE 1ST WEEK!!!**

NAME: \_\_\_\_\_ Grade: \_\_\_\_\_

**September**

**COLD LUNCH**

Breakfast full price: \$2.00  
 Breakfast reduced price: \$0.30  
 Lunch full price: \$3.25  
 Lunch reduced price: \$0.40  
 Milk only: \$0.40

Directions: (Please retain a copy of your selections at home)

1. Circle which meals your child would like for the month
  2. If your child wants only milk, please circle the milk option only per date, and indicate C for chocolate or W for white milk.
- \* Payment **MUST** accompany your food order.

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| PLEASE NOTE THAT ALL<br>1:00PM DISMISSAL DATES<br>WILL ONLY OFFER<br>COLD LUNCH OPTIONS                             |  |   |  | 1<br>CLOSED<br>FOR<br>LABOR DAY   |
| 4<br>CLOSED<br>FOR<br>LABOR DAY   | 5<br>WELCOME BACK!<br>Beef Bologna and Cheese<br>on Whole Grain Bread-1<br>Fresh Broccoli w/ Dip<br>Fresh Orange-1<br>Milk-8 oz. | 6<br>Tuna Wrap w/ Lettuce<br>and Tomato on Wheat Tortilla-1<br>Potato Salad Cup<br>Fresh Pear-1<br>Milk-8 oz. | 7<br>Turkey Ham and Provolone<br>Cheese on Whole Grain<br>Sub Roll-1<br>Celery Sticks w/ Dip-<br>Fresh Apple-1 / Milk-8 oz.                      | 8<br>Turkey on Wheat Roll-1<br>Fresh Baby Carrots w/ Dip<br>Fresh Orange-1<br>Milk-8 oz.                      |
| 11<br>Turkey Ham and Swiss<br>on a Wheat Bun-1<br>Fresh Baby Carrots w/ Dip<br>Fresh Apple-1<br>Milk-8 oz.          | 12<br>Fresh Turkey Breast on<br>Whole Grain Bread-1<br>Fresh Broccoli w/ Dip<br>Fresh Orange-1<br>Milk-8 oz.                     | 13<br>Chicken Salad on Potato Roll-1<br>Cole Slaw Cup<br>Fresh Apple-1<br>Milk-8 oz.                          | 14<br>1:00 PM DISMISSAL<br>Beef Bologna and Cheese<br>on Wheat Kaiser Roll-1<br>Fresh Snipped Green Beans<br>w/ Dip / Fresh Pear-1<br>Milk-8 oz. | 15<br>Sliced Chicken and Cheese<br>on Whole Grain Bread-1<br>Potato Salad Cup<br>Fresh Orange-1<br>Milk-8 oz. |
| 18<br>Beef Salami and Cheese<br>on Wheat Bun-1<br>Grape Tomato Cup<br>Fresh Apple-1 / Milk-8 oz.                    | 19<br>Beef Bologna and Cheese<br>on Whole Grain Bread-1<br>Fresh Broccoli w/ Dip<br>Fresh Orange-1 / Milk-8 oz,                  | 20<br>Tuna Wrap w/ Lettuce<br>and Tomato on Wheat Tortilla-1<br>Potato Salad Cup<br>Fresh Pear-1 / Milk-8 oz. | 21<br>CLOSED<br>FOR<br>ROSH HASHANAH   | 22<br>Turkey on Wheat Roll-1<br>Fresh Baby Carrots w/ Dip<br>Fresh Orange-1 / Milk-8 oz.                      |
| 25<br>Beef Bologna and Cheese<br>on Whole Grain Bread-1<br>Fresh Baby Carrots w/ Dip<br>Fresh Apple-1<br>Milk-8 oz. | 26<br>Fresh Turkey Breast on<br>Whole Grain Bread-1<br>Fresh Broccoli w/ Dip<br>Fresh Orange-1<br>Milk-8 oz.                     | 27<br>Chicken Salad on Potato Roll-1<br>Cole Slaw Cup<br>Fresh Apple-1<br>Milk-8 oz.                          | 28<br>Beef Bologna and Cheese<br>on Wheat Kaiser Roll-1<br>Fresh Snipped Green Beans<br>w/ Dip<br>Fresh Pear-1 / Milk-8 oz.                      | 29<br>Sliced Chicken and Cheese<br>on Whole Grain Bread-1<br>Potato Salad Cup<br>Fresh Orange-1<br>Milk-8 oz. |

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**TUESDAY AUGUST 29TH**

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Hoboken Charter School K-8 Breakfast Menu

(Menu subject to change by Karson Foods)



NAME: \_\_\_\_\_

Grade: \_\_\_\_\_

**September**

**HOT LUNCH**

Breakfast full price: \$2.00

Breakfast reduced price: \$0.30

Lunch full price: \$3.25

Lunch reduced price: \$0.40

Milk only: \$0.40

Directions: (Please retain a copy of your selections at home)

1. Circle which meals your child would like for the month

\* Payment **MUST** accompany your food order.

2. If your child wants only milk, please circle the milk option only per date, and indicate C for chocolate or W for white milk.

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|---|--|--|
| PLEASE NOTE THAT ALL<br>1:00PM DISMISSAL DATES<br>WILL ONLY OFFER<br>COLD LUNCH OPTIONS                             |  |   |  | 1<br>CLOSED<br>FOR<br>LABOR DAY  |
| 4<br>CLOSED<br>FOR<br>LABOR DAY   | 5<br>WELCOME BACK!<br>All Beef Hamburger on a<br>Wheat Bun-1<br>Corn-3/4 c.<br>Fresh Apple-1<br>Milk-8 oz.                                   | 6<br>Meatball Sub-1<br>Green Beans-3/4 c.<br>Fresh Banana-1<br>Whole Grain Sub Roll-1<br>Milk-8 oz.                         | 7<br>Turkey Breast on a WG Bun-1<br>Fresh Baby Carrots w<br>Dip-3/4 c.<br>Mandarin Orange Cup-1/2 c.<br>Milk-8 oz.                               | 8<br>Grilled Teriyaki Chicken Bites-4<br>Broccoli Florets- 3/4 c.<br>Strawberry Applesauce Cup-1/2 c.<br>Whole Grain Bread<br>Milk-8 oz.                       |
| 11<br>Chicken Fingers-3<br>Vegetarian Beans-3/4 c.<br>Fresh Apple-1<br>Wheat Dinner Roll<br>Milk-8 oz.              | 12<br>TACO TUESDAY<br>Beef Taco's w/ Shredded<br>Cheddar Cheese-2<br>Diced Carrots-3/4 c.<br>Hard Taco Shells-2<br>Fresh Orange-1/Milk-8 oz. | 13<br>Salisbury Steak w/ Gravy-3 oz.<br>Mashed Potatoes-3/4 c.<br>Diced Peach Cup-1/2 c.<br>Wheat Dinner Roll<br>Milk-8 oz. | 14<br>1:00 PM DISMISSAL<br>Beef Bologna and Cheese<br>on Wheat Kaiser Roll-1<br>Fresh Snipped Green Beans<br>w/ Dip / Fresh Pear-1<br>Milk-8 oz. | 15<br>Cheese Pizza-1<br>Romaine Salad w/ Dressing-1 1/2 c..<br>Applesauce Cup-1/2 c.<br>Milk-8 oz.   |
| 18<br>Grilled BBQ Chicken Bites-4<br>Green Beans-3/4 c.<br>Whole Grain Bread<br>Diced Pear Cup-1/2 c.<br>Milk-8 oz. | 19<br>All Beef Hot Dog on a<br>Wheat Bun-1<br>Hot Baby Carrots-3/4 c.<br>Fresh Apple-1<br>Milk-8 oz.   | 20<br>Swedish Turkey Meatballs-3 oz.<br>Roasted Potato Medley-3/4 c.<br>Fresh Banana-1<br>Wheat Dinner Roll<br>Milk-8 oz.   | 21<br>CLOSED<br>FOR<br>ROSH HASHANAH   | 22<br>Beef Nachos w/ Cheese Sauce-5 oz.<br>Romaine Salad w/ Dressing-1 1/2 c..<br>Yellow Corn Tortilla Chips-1 oz.<br>Peach Applesauce Cup-1/2 c. / Milk-8 oz. |
| 25<br>Breaded Chicken Patty on<br>a Wheat Bun-1<br>Green Beans-3/4 c.<br>Applesauce Cup-1/2 c.<br>Milk-8 oz.        | 26<br>TACO TUESDAY<br>Beef Taco's w/ Shredded<br>Cheddar Cheese-2<br>Refried Beans-3/4 c. / Hard Taco Shell-2<br>Fresh Orange-1/Milk-8 oz.   | 27<br>Salisbury Steak w/ Gravy-3 oz.<br>Mashed Potatoes-3/4 c.<br>Wheat Dinner Roll<br>Fresh Apple-1<br>Milk-8 oz.          | 28<br>Turkey Meatball Sub-1<br>Diced Carrots-3/4 c.<br>Fresh Banana-1<br>Whole Grain Sub Roll-1<br>Milk-8 oz.                                    | 29<br>Cheese Pizza-1<br>Romaine Salad w/ Dressing-1 1/2 c..<br>Mandarin Orange Cup-1/2 c.<br>Milk-8 oz.  |

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Grade: \_\_\_\_\_

Directions: (Please retain a copy of your selections at home)

1. Circle which meals your child would like for the month

2. If your child wants only milk, please circle the milk option only per date, and indicate C for chocolate or W for white milk.

Hoboken Charter School K-8 Breakfast Menu

(Menu subject to change by Karson Foods)



**September**

**VEGETARIAN**

Breakfast full price: \$2.00

Breakfast reduced price: \$0.30

Lunch full price: \$3.25

Lunch reduced price: \$0.40

Milk only: \$0.40

\* Payment **MUST** accompany your food order.

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
| PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS                           |   |  |  | 1<br>CLOSED FOR LABOR DAY   |
| 4<br>CLOSED FOR LABOR DAY  | 5<br>WELCOME BACK!<br>Veggie Burger on a Wheat Bun-1<br>Corn-3/4 c.<br>Fresh Apple-1<br>Milk-8 oz.  | 6<br>Veggie Meatball Sub-1<br>Green Beans-3/4 c.<br>Fresh Banana-1<br>Whole Grain Sub Roll-1<br>Milk-8 oz.               | 7<br>American Cheese on a Whole Grain Potato Bun-1<br>Fresh Baby Carrots w/ Dip-3/4 c.<br>Mandarin Orange Cup-1/2 c.<br>Milk-8 oz. | 8<br>Veggie Nuggets-5<br>Broccoli Florets- 3/4 c.<br>Strawberry Applesauce Cup-1/2 c.<br>Whole Grain Bread<br>Milk-8 oz.  |
| 11<br>Bean and Cheese Burrito-5 oz.<br>Vegetarian Beans-3/4 c.<br>Fresh Apple-1<br>Milk-8 oz.            | 12<br>TACO TUESDAY<br>Veggie Taco's w/ Shredded Cheddar Cheese-2<br>Diced Carrots-3/4 c.<br>Hard Taco Shells-2<br>Fresh Orange-1/Milk-8 oz. | 13<br>Mozzarella Sticks-4<br>Mashed Potatoes-3/4 c.<br>Diced Peach Cup-1/2 c.<br>Wheat Dinner Roll<br>Milk-8 oz.         | 14<br>1:00 PM DISMISSAL<br>American Cheese on a Wheat Bun-1<br>Hummus Cup with Pretzels-1<br>Fresh Orange-1<br>Milk-8 oz.          | 15<br>Cheese Pizza-1<br>Romaine Salad w/ Dressing-1 1/2 c..<br>Applesauce Cup-1/2 c.<br>Milk-8 oz.  |
| 18<br>Veggie Nuggets-5<br>Green Beans-3/4 c.<br>Whole Grain Bread<br>Diced Pear Cup-1/2 c./Milk-8 oz.    | 19<br>Veggie Hot Dog on a Wheat Bun-1<br>Hot Baby Carrots-3/4 c.<br>Fresh Apple-1 / Milk-8 oz.  | 20<br>Swedish Veggie Meatballs-3 oz.<br>Roasted Potato Medley-3/4 c.<br>Fresh Banana-1<br>Wheat Dinner Roll / Milk-8 oz. | 21<br>CLOSED FOR ROSH HASHANAH   | 22<br>Veggie Beef Nachos w/ Cheese Sauce-5 oz.<br>Romaine Salad w/ Dressing-1 1/2 c..<br>Yellow Corn Tortilla Chips-1 oz.<br>Peach Applesauce Cup-1/2 c. / Milk-8 oz. |
| 25<br>Veggie Chicken Patty on a Wheat Bun-1<br>Green Beans-3/4 c.<br>Applesauce Cup-1/2 c.<br>Milk-8 oz. | 26<br>TACO TUESDAY<br>Veggie Taco's w/ Shredded Cheddar Cheese-2<br>Refried Beans-3/4 c.-Hard Shells-2<br>Fresh Orange-1/Milk-8 oz.         | 27<br>Veggie Burger on a Wheat Bun-1<br>French Fries-3/4 c.<br>Fresh Apple-1<br>Milk-8 oz.                               | 28<br>Turkey Meatball Sub-1<br>Diced Carrots-3/4 c.<br>Fresh Banana-1<br>Whole Grain Sub Roll-1<br>Milk-8 oz.                      | 29<br>Cheese Pizza-1<br>Romaine Salad w/ Dressing-1 1/2 c..<br>Mandarin Orange Cup-1/2 c.<br>Milk-8 oz.   |