

RETURN NO LATER THAN

Hoboken Charter School K-8 Breakfast Menu

Breakfast full price: \$2.25

FRIDAY SEPTEMBER 22ND

(Menu subject to change by Karson Foods)

Breakfast reduced price: \$0.30

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



Lunch full price: \$3.75

NAME: _____

Grade: _____

October

Lunch reduced price: \$0.40

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

BREAKFAST

Milk only: \$0.40

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 |
|---|---|---|--|---|
| 2 Fresh Pear-1 Fruity Cheerios-1 oz. Waffle Grahams-2 Milk-8 oz. | 3 Fresh Orange-1 W/G Cranberry Loaf-2 oz. Dino Grahams-2 Milk-8 oz. | 4 Diced Peach Cup-1/2 c. Orange Juice-4 oz. Honey Graham Toasters Cereal-1 oz. Whole Grain Bread / Milk-8 oz. | 5 Fresh Apple-1 W/G Superdonut-1 Milk-8 oz. | 6 Fresh Orange-1 Trix Cereal-1 oz. Bear Grahams-2 Milk-8 oz. |
| 9 CLOSED FOR INDIGENOUS PEOPLES DAY | 10 Fresh Apple-1 Honey Scooters Cereal-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz. | 11 Fresh Orange-1 Whole Grain Cinnamon Raisin Bagel w/Cream Cheese-1 Milk-8 oz. | 12 1:00PM DISMISSAL Diced Pear Cup-1/2 c. Apple Juice-4 oz. W/G Superbun-1 Milk-8 oz. | 13 Fresh Orange-1 Matey's Cereal-1 oz. Dino Grahams-2 Milk 8 oz. |
| 16 Fresh Apple-1 Blueberry Breakfast Bar-1 Honey Graham Toasters Cereal-1 oz. / Milk-8 oz. | 17 Fresh Pear-1 W/G Lemon Loaf-2 oz. Waffle Grahams-2 Milk-8 oz. | 18 Fresh Orange-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz. | 19 Fresh Apple-1 Alpha-Bits Cereal-1 oz. Dino Grahams-2 Milk-8 oz. | 20 Fresh Pear-1 Multigrain Cheerios-1 oz. Bear Grahams-2 Milk-8 oz. |
| 23 Fresh Orange-1 Apple Cinnamon Cheerios Cereal-1 oz. Whole Grain Bread / Milk-8 oz. | 24 Fresh Apple-1 W/G Corn Bread Loaf-2 oz. Bear Grahams-2 Milk-8 oz. | 25 Strawberry Applesauce Cup-1/2 c. Orange Tangerine Juice-4 oz. Oat Blenders Cereal-1 oz. Waffle Grahams-2 / Milk-8 oz. | 26 Fresh Orange-1 Whole Grain White Bagel w/ Cream Cheese-1 Milk-8 oz. | 27 Fresh Pear-1 Cinnamon Toasters Cereal-1 oz. Dino Grahams-2 Mill-8 oz. |
| 30 Fresh Pear-1 Frosted Mini Wheats Cereal-1 oz. Waffle Grahams-2 / Milk-8 oz. | 31 Fresh Orange-1 W/G Apple Loaf-2 oz. Dino Grahams-2 Milk-8 oz. | *REMINDER—SLIGHT COST INCREASE IS NOW IN EFFECT PAYMENT MUST ACCOMPANY ALL ORDERS | | |

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Hoboken Charter School K-8 Breakfast Menu

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NAME: _____

Grade: _____

October

HOT LUNCH

Breakfast full price: \$2.25

Breakfast reduced price: \$0.30

Lunch full price: \$3.75

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 | |
|--|---|---|--|--|---|
| 2 W/G Chicken Fryz - 3 oz. Vegetarian Beans-3/4 c. Fresh Orange-1 Wheat Dinner Roll Milk-8 oz. | 3 All Beef Hamburger on a Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz. | 4 Meatball Sub-1 Green Beans-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz. | BREAKFAST FOR LUNCH 5 French Toast Sticks w/ Syrup-4 Beef Sausage Links-3 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz. | 6 Baked Ziti-5 oz. Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Whole Grain Italian Bread Milk-8 oz. | |
| 9 CLOSED FOR INDIGENOUS PEOPLES DAY | 10 TACO TUESDAY Chicken Taco's w/ Shredded Cheddar Cheese-2/Diced Carrots-3/4 c. W/G Soft Taco Shells-2 Fresh Orange-1/Milk-8 oz. | 11 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Fresh Apple-1. Wheat Dinner Roll / Milk-8 oz. | 12 1:00PM DISMISSAL Sliced Chicken Breast on a Wheat Bun-1 Celery Sticks w/ Dip-3/4 c. Fresh Banana-1 / Milk-8 oz. | 13 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz. | |
| 16 W/G Chicken Nuggets-3.75 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz. | 17 TACO TUESDAY Beef Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G Yellow Corn Tortilla Chips-1 oz. Fresh Apple-1/Milk-8 oz. | 18 Swedish Turkey Meatballs-3 oz. Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz. | 19 Sliced Turkey and Cheese on a Wheat Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Orange-1 Milk-8 oz. | 20 Beef Nachos w/ Cheese Sauce-5 oz. Romaine Salad w/ Dressing-1 1/2 c. Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz. | |
| 23 All Beef Hamburger on a a Wheat Bun-1 Vegetarian Beans-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz. | 24 TACO TUESDAY Chicken Taco's w/ Shredded Cheddar Cheese-2 Green Beans-3/4 c. W/G Soft Taco Shells-2 Fresh Orange-1/Milk-8 oz. | 25 Meatloaf w/ Ketchup-3 oz. Mashed Potatoes-3/4 c. Wheat Dinner Roll Fresh Apple-1 Milk-8 oz. | 26 Turkey Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz. | 27 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c.. Mixed Fruit Cup-1/2 c. Milk-8 oz. | |
| 30 Breaded Chicken Patty on a Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz. | 31 TACO TUESDAY Beef Taco's w/ Shredded Cheddar Cheese-2 Kidney Beans-3/4 c. W/G Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1 / Milk-8 oz. | *REMINDER—SLIGHT COST INCREASE IS NOW IN EFFECT PAYMENT MUST ACCOMPANY ALL ORDERS | | | PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS |

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NAME: _____

Grade: _____

October

Lunch reduced price: \$0.40

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

COLD LUNCH

Milk only: \$0.40

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

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 2 Turkey Breast on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 Milk-8 oz. | 3 Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz. | 4 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz. | 5 Turkey Ham and Swiss Cheese on Whole Grain Sub Roll-1 Celery Sticks w/ Dip- Fresh Apple-1 / Milk-8 oz. | 6 Turkey on Wheat Roll-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz. |
| 9 CLOSED FOR INDIGENOUS PEOPLES DAY | 10 Fresh Turkey Breast on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 / Milk-8 oz. Milk-8 oz. | 11 Chicken Salad on Potato Roll-1 Potato Salad Cup Fresh Apple-1 Milk-8 oz. | 12 1:00PM DISMISSAL | 13 Sliced Chicken and Cheese on Whole Grain Bread-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz. |
| 16 Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1 Milk-8 oz. | 17 Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz. | 18 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz. | 19 Turkey Ham and Provolone Cheese on Whole Grain Sub Roll-1 Celery Sticks w/ Dip- Fresh Apple-1 / Milk-8 oz. | 20 Turkey on Wheat Roll-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz. |
| 23 Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 / Milk-8 oz. | 24 Fresh Turkey Breast on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 / Milk-8 oz. | 25 Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz. | 26 Beef Bologna and Cheese on Wheat Kaiser Roll-1 Black Bean and Corn Salad Fresh Pear-1 / Milk-8 oz. | 27 Sliced Chicken and Cheese on Whole Grain Bread-1 Potato Salad Cup Fresh Orange-1 / |
| 30 Turkey Breast on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 Milk-8 oz. | 31 Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz. | <div>*REMINDER—SLIGHT COST INCREASE IS NOW IN EFFECT</div> <div>PAYMENT MUST ACCOMPANY ALL ORDERS</div> <div>PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS</div> | | |

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VEGETARIAN

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

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

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 2 Veggie Nuggets-3 oz. Vegetarian Beans-3/4 c. Fresh Orange-1 Wheat Dinner Roll Milk-8 oz. | 3 Veggie Burger on a Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz. | 4 Veggie Meatball Sub-1 Green Beans-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz. | BREAKFAST FOR LUNCH 5 French Toast Sticks w/ Syrup-4 Hash Brown Patty-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Cheese Stick-1/Milk-8 oz. | 6 Baked Ziti-5 oz. Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Whole Grain Italian Bread Milk-8 oz. |
| 9 CLOSED FOR INDIGENOUS PEOPLES DAY | TACO TUESDAY 10 Veggie Taco's w/ Shredded Cheddar Cheese-2 Diced Carrots-3/4 c. W/G Soft Taco Shells-2 Fresh Orange-1/Milk-8 oz. | 11 Bean and Cheese Burrito-5 oz. Mashed Potatoes-3/4 c. Fresh Apple-1 Milk-8 oz. | 1:00PM DISMISSAL 12 American Cheese on a Wheat Bun-1 Celery Sticks w/ Dip-3/4 c. Fresh Banana-1 Milk-8 oz. | 13 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz. |
| 16 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz. | TACO TUESDAY 17 Veggie Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G Yellow Corn Tortilla Chips-1 oz. Fresh Apple-1/Milk-8 oz. | 18 Veggie Meatballs w/ Gravy-4 Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz. | 19 American Cheese on a Wheat Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Orange-1 Milk-8 oz. | 20 Veggie Nachos with Cheese Sauce-5 oz. Romaine Salad w/ Dressing-1 1/2 c. Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c./ Milk-8oz. |
| 23 Veggie Burger on a Wheat Bun-1 Vegetarian Beans-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz. | TACO TUESDAY 24 Veggie Taco's w/ Shredded Cheddar Cheese-2 Green Beans-3/4 c. W/G Soft Taco Shells-2 Fresh Orange-1/Milk-8 oz. | 25 Mozzarella Sticks-4 Mashed Potatoes-3/4 c. Wheat Dinner Roll Fresh Apple-1 Milk-8 oz. | 26 Veggie Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz. | 27 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c.. Mixed Fruit Cup-1/2 c. Milk-8 oz. |
| 30 Veggie Breaded Chicken Patty on a Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz. | TACO TUESDAY 31 Veggie Taco's w/ Shredded Cheddar Cheese-2 Kidney Beans-3/4 c. W/G Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1 /Milk-8 oz. | <div>*REMINDER—SLIGHT COST INCREASE IS NOW IN EFFECT</div> <div>PAYMENT MUST ACCOMPANY ALL ORDERS</div> <div>PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS</div> | | |