

RETURN NO LATER THAN

MONDAY OCTOBER 23ND

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

NAME: _____

Grade: _____

November

BREAKFAST

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.

Breakfast full price: \$2.25

Breakfast reduced price: \$0.30

Lunch full price: \$3.75

Lunch reduced price: \$0.40

Milk only: \$0.40



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Strawberry Applesauce Cup-1/2 c. Orange Juice-4 oz. Honey Graham Toasters Cereal-1 oz. Whole Grain Bread / Milk-8 oz.	2 Fresh Apple-1 Whole Grain Cinnamon Roll-1 Milk-8 oz.	3 Fresh Orange-1 Alpha-Bits Cereal-1 oz. Dino Grahams-2 Milk-8 oz.
6 Fresh Pear-1 Cinnamon Toasters Cereal-1 oz. WG Bread / Milk-8oz.	7 Fresh Apple-1 Honey Scooters Cereal-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	8 Fresh Orange-1 Whole Grain Cinnamon Raisin Bagel w/Cream Cheese-1 Milk-8 oz.	9 SCHOOL CLOSED FOR NJEA CONFERENCE	10 SCHOOL CLOSED FOR NJEA CONFERENCE
13 Fresh Apple-1 Apple Breakfast Bar-1 Honey Graham Toasters Cereal-1 oz. / Milk-8oz.	14 Fresh Pear-1 W/G Banana Loaf-2 oz. Waffle Grahams-2 Milk-8 oz.	15 Fresh Orange-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.	16 1:00PM DISMISSAL Fresh Apple-1 Alpha-Bits Cereal-1 oz. Dino Grahams-2 Milk-8 oz.	17 Fresh Pear-1 Multigrain Cheerios-1 oz. Bear Grahams-2 Milk-8 oz.
20 Fresh Orange-1 Fruit Loops Cereal-1 oz. Whole Grain Bread Milk-8 oz.	21 Fresh Apple-1 W/G Blueberry Loaf-2 oz. Bear Grahams-2 Milk-8 oz.	22 1:00PM DISMISSAL Strawberry Applesauce Cup-1/2 c. Orange Tangerine Juice-4 oz. Whole Grain White Bagel w/ Cream Cheese-1 / Milk-8oz.	23 HAPPY THANKSGIVING ! SCHOOL CLOSED	24 HAPPY THANKSGIVING ! SCHOOL CLOSED
27 Fresh Pear-1 Frosted Mini Wheats Cereal-1 oz. Waffle Grahams-2/Milk-8oz	28 Fresh Orange-1 W/G Apple Loaf-2 oz. Dino Grahams-2 Milk-8 oz.	29 Fresh Apple-1 Whole Grain Cinnamon Raisin Bagel w/Cream Cheese-1 Milk-8 oz.	30 Peach Applesauce Cup-1/2 c. Apple Juice-4 oz. Whole Grain Corn Muffin-2 oz. Graham Crackers-3/Milk-8oz.	

RETURN NO LATER THAN

Hoboken Charter School K-8 Breakfast Menu

Breakfast full price: \$2.25

MONDAY OCTOBER 23RD

(Menu subject to change by Karson Foods)

Breakfast reduced price: \$0.30

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

NAME: _____

Grade: _____

November

Lunch full price: \$3.75

Lunch reduced price: \$0.40

Milk only: \$0.40

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

HOT LUNCH**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 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS		1 Meatball Sub-1 Green Beans-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1/Milk-8oz	2 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Diced Pear Cup-1/2 c./Milk-8oz	3 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Milk-8 oz.
6 Chicken Fingers-4 Hot Baby Carrots-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	7 TACO TUESDAY Beef Taco's w/ Shredded Cheddar Cheese-2 Black Beans-3/4 c. Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1/Milk-8 oz.	8 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Diced Peach Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.	9 SCHOOL CLOSED FOR NJEA CONFERENCE	10 SCHOOL CLOSED FOR NJEA CONFERENCE
13 W/G Chicken Fryz-4 Green Beans-3/4 c. Whole Grain Bread Diced Pear Cup-1/2 c. Milk-8 oz.	14 TACO TUESDAY Chicken Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. Yellow Corn Tortilla Chips-1 oz. Fresh Apple-1/Milk-8 oz.	15 Swedish Turkey Meatballs-3 oz. Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	16 1:00PM DISMISSAL Sliced Turkey and Cheese on a Wheat Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Orange-1 Milk-8 oz.	17 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.
20 All Beef Hamburger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	21 TACO TUESDAY Beef Taco's w/ Shredded Cheddar Cheese-2 Kidney Beans-3/4 c. Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1/Milk-8 oz.	22 1:00PM DISMISSAL Sliced Chicken and Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	23 HAPPY THANKSGIVING ! SCHOOL CLOSED	24 HAPPY THANKSGIVING ! SCHOOL CLOSED
27 Teriyaki Chicken Bites- 4 Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	28 TACO TUESDAY Chicken Taco's w/ Shredded Cheddar Cheese-2 Sweet Potato Fries-3/4 c. Yellow Corn Tortilla Chips-1 oz. Pineapple Cup - 1/2 c./Milk-8 oz.	29 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Diced Peach Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.	30 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8 oz.	

RETURN NO LATER THAN

Hoboken Charter School K-8 Breakfast Menu

Breakfast full price: \$2.25

MONDAY OCTOBER 23RD

(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: _____

November

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

* 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 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS		<div>1</div> Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz.	<div>2</div> Turkey Ham and Swiss Cheese on Whole Grain Sub Roll-1 Celery Sticks w/ Dip- Fresh Apple-1 / Milk-8 oz.	<div>3</div> Turkey on Wheat Roll-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz.
<div>6</div> Beef Bologna and Cheese on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 / Milk-8 oz.	<div>7</div> Fresh Turkey Breast on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 / Milk-8 oz,	<div>8</div> Chicken Salad on Potato Roll-1 Potato Salad Cup Fresh Apple-1 Milk-8 oz.	<div>9</div> SCHOOL CLOSED FOR NJEA CONFERENCE	<div>10</div> SCHOOL CLOSED FOR NJEA CONFERENCE
<div>13</div> Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1 Milk-8 oz.	<div>14</div> Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz.	<div>15</div> Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz.	<div>16</div> 1:00PM DISMISSAL	<div>17</div> Turkey on Wheat Roll-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz.
<div>20</div> Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 / Milk-8 oz.	<div>21</div> Fresh Turkey Breast on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 / Milk-8 oz.	<div>22</div> 1:00PM DISMISSAL Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz.	<div>23</div> HAPPY THANKSGIVING ! SCHOOL CLOSED	<div>24</div> HAPPY THANKSGIVING ! SCHOOL CLOSED
<div>27</div> Turkey Breast on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 Milk-8 oz.	<div>28</div> Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz.	<div>29</div> Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz.	<div>30</div> Turkey Ham and Provolone Cheese on Whole Grain Sub Roll-1 Celery Sticks w/ Dip- Fresh Apple-1 / Milk-8 oz.	

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

NAME: _____

Grade: _____

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

Hoboken Charter School K-8 Breakfast Menu

(Menu subject to change by Karson Foods)

November

VEGETARIAN



Breakfast full price: \$2.25

Breakfast reduced price: \$0.30

Lunch full price: \$3.75

Lunch reduced price: \$0.40

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
PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS		1 Veggie Meatball Sub-1 Green Beans-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1/Milk-8 oz.	2 Veggie Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Diced Pear Cup-1/2 c. / Milk-8 oz.	3 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Milk-8 oz.
6 Veggie Nuggets-3 oz. Hot Baby Carrots-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	TACO TUESDAY 7 Veggie Beef Taco's w/ Shredded Cheddar Cheese-2 Black Beans-3/4 c. Yellow Corn Tortilla Chips-1 oz Fresh Orange-1/Milk-8 oz.	8 Mozzarella Sticks-4 Mashed Potatoes-3/4 c. Diced Peach Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.	9 SCHOOL CLOSED FOR NJEA CONFERENCE	10 SCHOOL CLOSED FOR NJEA CONFERENCE
13 Bean and Cheese Burrito-5 oz. Green Beans-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.	TACO TUESDAY 14 Veggie Beef Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. Yellow Corn Tortilla Chips-1 oz Fresh Apple-1/Milk-8 oz.	15 Swedish Veggie Meatballs-3 oz. Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	16 1:00PM DISMISSAL American Cheese on a Wheat Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Orange-1 Milk-8 oz.	17 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.
20 Veggie Burger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	TACO TUESDAY 21 Veggie Beef Taco's w/ Shredded Cheddar Cheese-2 Kidney Beans-3/4 c. Yellow Corn Tortilla Chips-1 oz Fresh Orange-1/Milk-8 oz.	22 1:00PM DISMISSAL American Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	23 HAPPY THANKSGIVING ! SCHOOL CLOSED	24 HAPPY THANKSGIVING ! SCHOOL CLOSED
27 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	TACO TUESDAY 28 Veggie Beef Taco's w/ Shredded Cheddar Cheese-2 Sweet Potato Fries-3/4 c. Yellow Corn Tortilla Chips-1 oz Pineapple Cup - 1/2 c./Milk-8 oz.	29 Mozzarella Sticks-4 Mashed Potatoes-3/4 c. Diced Peach Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.	30 Veggie Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8 oz.	