

RETURN NO LATER THAN

Hoboken Charter School K-8 Breakfast Menu

Breakfast full price: \$2.25

MONDAY DECEMBER 11TH

(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: _____

January

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
1 SCHOOL CLOSED FOR WINTER BREAK	2 Pineapple cup-1 Whole Grain Corn Muffin-2 oz. Dino Grahams-2 Milk-8 oz.	3 Fresh Pear-1 Multigrain Cheerios-1 oz. Bear Grahams-2 Milk-8 oz.	4 Fresh Banana 1 Apple Breakfast Bar-1 Honey Graham Toasters Cereal-1 oz. / Milk-8oz.	5 Fresh Apple-1 Alpha-Bits Cereal-1 oz. Dino Grahams-2 Milk-8 oz.
8 Fresh Pear-1 Cinnamon Toasters Cereal-1 oz. WG Bread / Milk-8oz.	9 Fresh Apple-1 Honey Scooters Cereal-1oz. Strawberry Breakfast Bar-1 Milk-8 oz.	10 Fresh Orange-1 Whole Grain Cinnamon Raisin Bagel w/Cream Cheese-1 Milk-8 oz.	11 1:00PM DISMISSAL Fresh Orange-1 Fruit Loops Cereal-1 oz. Whole Grain Bread Milk-8 oz.	12 Peach Applesauce Cup-1/2 c. Apple Juice-4 oz. Whole Grain Corn Muffin-2 oz. Graham Crackers-3/Milk-8oz.
15 SCHOOL CLOSED FOR MLK DAY OF SERVICE	16 Fresh Pear-1 W/G Banana Loaf-2 oz. Waffle Grahams-2 Milk-8 oz.	17 Fresh Orange-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.	18 Fresh Apple-1 Alpha-Bits Cereal-1 oz. Dino Grahams-2 Milk-8 oz.	19 Fresh Pear-1 Multigrain Cheerios-1 oz. Bear Grahams-2 Milk-8 oz.
22 Fresh Pear-1 Frosted Mini Wheats Cereal-1 oz. Waffle Grahams-2/Milk-8oz	23 Fresh Apple-1 W/G Apple Loaf-2 oz. Bear Grahams-2 Milk-8 oz.	24 Strawberry Applesauce Cup-1/2 c. Orange Tangerine Juice-4 oz. Whole Grain White Bagel w/ Cream Cheese-1 / Milk-8oz.	25 Fresh Apple-1 Apple Breakfast Bar-1 Honey Graham Toasters Cereal-1 oz. / Milk-8oz.	26 Fresh Orange-1 W/G Banana Loaf-2 oz. Dino Grahams-2 Milk-8 oz.
29 Fresh Apple-1 Apple Breakfast Bar-1 Honey Graham Toasters Cereal-1 oz. / Milk-8oz.	30 Fresh Orange-1 Whole Grain Cinnamon Raisin Bagel w/Cream Cheese-1 Milk-8 oz.	31 Peach Applesauce Cup-1/2 c. Apple Juice-4 oz. Whole Grain Corn Muffin-2 oz. Graham Crackers-3/Milk-8oz.		

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Lunch reduced price: \$0.40

Milk only: \$0.40

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NAME: _____

Grade: _____

January

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

HOT LUNCH

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

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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
1 SCHOOL CLOSED FOR WINTER BREAK	2 TACO TUESDAY Beef Nachos/Cheese Sauce 5oz. Romaine Salad /Dressing-1 1/2 Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz.	3 Teriyaki Chicken Bites- 4 Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	4 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8 oz.	5 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
8 All Beef Hamburger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	9 TACO TUESDAY Chicken Taco's w/ Shredded Cheddar Cheese-2 Sweet Potato Fries-3/4 c. Yellow Corn Tortilla Chips-1 oz. Pineapple Cup-1/2c./Milk-8 oz.	10 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Diced Peach Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.	11 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.	12 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.
15 SCHOOL CLOSED FOR MLK DAY OF SERVICE	16 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.	17 Breaded Chicken Patty on a Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz.	18 BRUNCH French Toast Sticks w/ Syrup-4 Beef Sausage Links-3 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	19 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
22 Teriyaki Chicken Bites- 4 Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	23 TACO TUESDAY Beef Nachos/Cheese Sauce 5oz. Romaine Salad /Dressing-1 1/2 Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz.	24 Turkey Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	25 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8 oz.	26 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.
29 All Beef Hamburger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	30 TACO TUESDAY Chicken Taco's w/ Shredded Cheddar Cheese-2 Sweet Potato Fries-3/4 c. Yellow Corn Tortilla Chips-1 oz. Pineapple Cup-1/2c./Milk-8 oz.	31 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.	PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS	

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COLD LUNCH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SCHOOL CLOSED FOR WINTER BREAK	2 Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 / Milk-8oz.	3 Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz.	4 Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1/Milk-8oz.	5 Sliced Chicken and Cheese on Whole Grain Bread-1 Black Bean and Corn Salad Fresh Orange-1 / Milk-8oz.
8 Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1/Milk-8oz.	9 Turkey Ham and Swiss on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 / Milk-8 oz.	10 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1/Milk-8oz.	11 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-8oz.	12 Turkey on Wheat Roll-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz.
15 SCHOOL CLOSED FOR MLK DAY OF SERVICE	16 Fresh Turkey Breast on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 / Milk-8 oz.	17 Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz.	18 Turkey Ham and Swiss on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 / Milk-8 oz.	19 Sliced Chicken and Cheese on Whole Grain Bread-1 Potato Salad Cup Fresh Orange-1
22 Turkey Breast on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 Milk-8 oz.	23 Turkey Ham and Swiss on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 Milk-8 oz.	24 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz.	25 Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1 Milk-8 oz.	26 Sliced Chicken and Cheese on Whole Grain Bread-1 Potato Salad Cup Fresh Orange-1 Milk-8 oz.
29 Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1 Milk-8 oz.	30 Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz.	31 Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz.		

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VEGETARIAN

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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8 Veggie Burger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	9 TACO TUESDAY Veggie Beef Taco's / Shredded Cheddar Cheese-2 Black Beans-3/4 c. Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1/Milk-8 oz.	10 Swedish Veggie Meatballs-3 oz. Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	11 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.	12 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.
15 SCHOOL CLOSED FOR MLK DAY OF SERVICE	16 TACO TUESDAY Veggie Beef Taco's / Shredded Cheddar Cheese-2 Black Beans-3/4 c. Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1/Milk-8 oz.	17 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	18 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.	19 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
22 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1/ Milk-8oz.	23 TACO TUESDAY Veggie Beef Nachos/Cheese Sauce-5 oz. Romaine Salad /Dressing-1 1/2 c.. Yellow Corn Tortilla Chips-1 oz. Applesauce Cup-1/2 c. /Milk-8oz.	24 Veggie Meatball Sub-1 Green Beans-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1/Milk-8oz	25 Veggie Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1/Milk-8oz.	26 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread / Milk-8oz.
29 Veggie Burger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	30 TACO TUESDAY Veggie Beef Taco's / Shredded Cheddar Cheese-2 Black Beans-3/4 c. Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1/Milk-8 oz.	31 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.		