

RETURN NO LATER THAN

WEDNESDAY JANUARY 17TH

ANY FORMS SUBMITTED LATE CAN NO LONGER BE PROCESSED!!!

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)

February BREAKFAST



Breakfast full price: \$2.25

Breakfast reduced price: \$0.30

Lunch full price: \$3.75

Lunch reduced price: \$0.40

Milk only: \$0.40

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| | | | 1 Fresh Orange-1 W/G Banana Loaf-2 oz. Dino Grahams-2 Milk-8 oz. | 2 Fresh Orange-1 Alpha-Bits Cereal-1 oz. Dino Grahams-2 Milk-8 oz. |
| 5 Fresh Pear-1 Cinnamon Toasters Cereal-1 oz. WG Bread / Milk-8oz. | 6 Fresh Apple-1 Honey Scooters Cereal-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz. | 7 Fresh Orange-1 Whole Grain Cinnamon Raisin Bagel w/Cream Cheese-1 Milk-8 oz. | 1:00PM DISMISSAL 8 Fresh Orange-1 Fruit Loops Cereal-1 oz. Whole Grain Bread Milk-8 oz. | 9 Peach Applesauce Cup-1/2 c. Apple Juice-4 oz. Whole Grain Corn Muffin-2 oz. Graham Crackers-3/Milk-8oz. |
| 12 Fresh Apple-1 Apple Breakfast Bar-1 Honey Graham Toasters Cereal-1 oz. / Milk-8oz. | 13 Fresh Pear-1 W/G Banana Loaf-2 oz. Waffle Grahams-2 Milk-8 oz. | 14 Fresh Orange-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz. | 15 Fresh Apple-1 Alpha-Bits Cereal-1 oz. Dino Grahams-2 Milk-8 oz. | 16 Fresh Pear-1 Multigrain Cheerios-1 oz. Bear Grahams-2 Milk-8 oz. |
| 19 SCHOOL CLOSED FOR FEBRUARY BREAK | 20 SCHOOL CLOSED FOR FEBRUARY BREAK | 21 SCHOOL CLOSED FOR FEBRUARY BREAK | 22 SCHOOL CLOSED FOR FEBRUARY BREAK | 23 SCHOOL CLOSED FOR FEBRUARY BREAK |
| 26 Fresh Pear-1 Frosted Mini Wheats Cereal-1 oz. Waffle Grahams-2/Milk-8oz | 27 Fresh Apple-1 W/G Apple Loaf-2 oz. Bear Grahams-2 Milk-8 oz. | 28 Strawberry Applesauce Cup-1/2 c. Orange Tangerine Juice-4 oz. Whole Grain White Bagel w/ Cream Cheese-1 / Milk-8oz. | 1 Fresh Apple-1 Apple Breakfast Bar-1 Honey Graham Toasters Cereal-1 oz. / Milk-8oz. | 2 Fresh Orange-1 W/G Banana Loaf-2 oz. Dino Grahams-2 Milk-8 oz. |

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Hoboken Charter School K-8 Breakfast Menu

(Menu subject to change by Karson Foods)

Breakfast full price: \$2.25

Breakfast reduced price: \$0.30

Lunch full price: \$3.75

Lunch reduced price: \$0.40

Milk only: \$0.40

NAME: _____

Grade: _____

February



HOT LUNCH

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 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS | | | 1 Chicken Parmigiana-3oz. Green Beans-3/4 c. Fresh Banana-1 Whole Grain / Milk-8oz. | 2 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz. |
| 5 All Beef Hamburger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz. | 6 TACO TUESDAY Beef Nachos/Cheese Sauce5oz. Romaine Salad /Dressing-1 1/2 c. Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz. | 7 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Diced Peach Cup-1/2 c. Wheat Dinner Roll Milk-8 oz. | 1:00PM DISMISSAL 8 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. | 9 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz. |
| 12 Teriyaki Chicken Bites- 4 Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz. | 13 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. | 14 Breaded Chicken Patty on a Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz. | 15 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Diced Peach Cup-1/2 c. Wheat Dinner Roll Milk-8 oz. | 16 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz. |
| 19 SCHOOL CLOSED FOR FEBRUARY BREAK | 20 SCHOOL CLOSED FOR FEBRUARY BREAK | 21 SCHOOL CLOSED FOR FEBRUARY BREAK | 22 SCHOOL CLOSED FOR FEBRUARY BREAK | 23 SCHOOL CLOSED FOR FEBRUARY BREAK |
| 26 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8 oz. | 27 TACO TUESDAY Beef Nachos/Cheese Sauce5oz. Romaine Salad /Dressing-1 1/2 c. Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz. | 28 Turkey Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz. | 1 Breaded Chicken Patty on a Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz. | 2 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz. |

RETURN NO LATER THAN

Hoboken Charter School K-8 Breakfast Menu

Breakfast full price: \$2.25

WEDNESDAY JANUARY 17TH

(Menu subject to change by Karson Foods)

Breakfast reduced price: \$0.30

ANY FORMS SUBMITTED LATE CAN NO LONGER BE PROCESSED!!!

NAME: _____

Grade: _____

February



Lunch full price: \$3.75

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 |
|---|--|---|---|--|
| PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS | | | 1 Chef Salad w/ Romaine Lettuce, Cucumbers, Tomatoes, Beef Salami, Provolone Cheese and Croutons-5 oz. Fresh Apple-1 Wheat Dinner Roll / Milk -8oz. | 2 Sliced Chicken and Cheese on Whole Grain Bread-1 Black Bean and Corn Salad Fresh Orange-1 / Milk-8oz. |
| 5 Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1 Milk-8 oz. | 6 Turkey Ham and Swiss on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 / Milk-8 oz. Milk-8 oz. | 7 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz. | 1:00PM DISMISSAL 8 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. | 9 Turkey on Wheat Roll-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz. |
| 12 Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz. | 13 Fresh Turkey Breast on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 / Milk-8 oz. Milk-8 oz. | 14 Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz. | 15 Turkey Ham and Swiss on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 / Milk-8 oz. Milk-8 oz. | 16 Sliced Chicken and Cheese on Whole Grain Bread-1 Potato Salad Cup Fresh Orange-1 Milk-8oz. |
| 19 SCHOOL CLOSED FOR FEBRUARY BREAK | 20 SCHOOL CLOSED FOR FEBRUARY BREAK | 21 SCHOOL CLOSED FOR FEBRUARY BREAK | 22 SCHOOL CLOSED FOR FEBRUARY BREAK | 23 SCHOOL CLOSED FOR FEBRUARY BREAK |
| 26 Chicken Salad Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz. | 27 Chef Salad w/ Romaine Lettuce, Cucumbers, Tomatoes, Beef Salami, Provolone Cheese and Croutons-5 oz. Fresh Apple-1 Wheat Dinner Roll / Milk -8oz. | 28 Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz. | 1 Sliced Chicken and Cheese on Whole Grain Bread-1 Black Bean and Corn Salad Fresh Orange-1 / Milk-8oz. | 2 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz. |

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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)

February
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 Nuggets-5 Broccoli Florets- 3/4 c. Strawberry Applesauce Cup-1/2 c. Whole Grain Bread / Milk-8oz. | 2 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Milk-8 oz. |
| 5 Veggie Burger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz. | 6 TACO TUESDAY Veggie Beef Taco's w Shredded Cheddar Cheese-2 Black Beans-3/4 c. W/G Hard Taco Shells-2 Fresh Orange-1/Milk-8 oz. | 7 Swedish Veggie Meatballs-3 oz. Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz. | 1:00PM DISMISSAL 8 American Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz. | 9 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz. |
| 12 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz. | 13 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. | 14 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz. | 15 Mozzarella Sticks-4 Mashed Potatoes-3/4 c. Diced Peach Cup-1/2 c. Wheat Dinner Roll Milk-8 oz. | 16 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Milk-8 oz. |
| 19 SCHOOL CLOSED FOR FEBRUARY BREAK | 20 SCHOOL CLOSED FOR FEBRUARY BREAK | 21 SCHOOL CLOSED FOR FEBRUARY BREAK | 22 SCHOOL CLOSED FOR FEBRUARY BREAK | 23 SCHOOL CLOSED FOR FEBRUARY BREAK |
| 26 Veggie Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1/Milk-8oz. | 27 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. | 28 Veggie Meatball Sub-1 Green Beans-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1/Milk-8oz | 1 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz. | 2 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz. |