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 I	LONGER BE PROCESSED!!!		Lunch full price:	\$3.75
NAME:	Grade: February		Lunch reduced price:	\$0.40
Directions: (Please retain a copy of your selections a	t home) BREAKFAST	6	Milk only:	\$0.40
	a	d. To	4 BANKOTO	

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

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

^{*} Payment MUST accompany your food order.

RETURN NO LATER	THAN Ho	boken Charter School K-8 Breakfast Menu	Breakfast fo	ull price: \$2.25	
WEDNESDAY JANUARY 17TH		(Menu subject to change by Karson Foods)		educed price: \$0.30	
ANY FORMS SUBMITT	ED LATE CAN NO LONGER	BE PROCESSED!!!	Lunch full 1	price: \$3.75	
NAME:	Grade:	February	Lunch redu	ced price: \$0.40	
Directions: (Please retain a	Directions: (Please retain a copy of your selections at home) HOT LUNCH Milk only: \$0.40				
1. Circle which meals your	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.					
	mirk, prease circle the mirk option	only per date, and indicate C for chocol	late or W for white milk.		
MONDAY	TUESDAY	wednesday	THURSDAY	FRIDAY	
MONDAY PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS	T			FRIDAY Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.	

			11101102711	
DIFACE NOTETHAT ALL			1	2
PLEASE NOTE THAT ALL			Chicken Parmigiana-3oz.	Cheese Pizza-1
1:00PM DISMISSAL DATES			Green Beans-3/4 c.	Romaine Salad w/ Dressing-1 1/2 c.
WILL ONLY OFFER			Fresh Banana-1	Applesauce Cup-1/2 c.
COLD LUNCH OPTIONS			Whole Grain / Milk-8oz.	Milk-8 oz.
5	TACO TUESDAY 6		7 1:00PM DISMISSAL 8	9
All Beef Hamburger on a	Beef Nachos/Cheese Sauce5oz.	Salisbury Steak w/ Gravy-3 oz.	Sliced Chicken and Cheese	Macaroni and Cheese-5 oz.
a Wheat Bun-1	Romaine Salad /Dressing-1 1/2 c.	Mashed Potatoes-3/4 c.	on a Whole Grain Potato Bun-1	Broccoli Florets-3/4 c.
Corn-3/4 c.	Yellow Corn Tortilla Chips-1 oz.	Diced Peach Cup-1/2 c.	Fresh Baby Carrots w/ Dip-3/4 c.	Mixed Fruit Cup-1/2 c.
Applesauce Cup-1/2 c.	Peach Applesauce Cup-1/2 c.	Wheat Dinner Roll	Fresh Apple-1	Whole Grain Bread
Milk-8 oz.	Milk-8 oz.	Milk-8 oz.	Milk-8 oz.	Milk-8 oz.
12	TACO TUESDAY 13	1	14 15	16
Teriyaki Chicken Bites- 4	Beef Taco's w/ Shredded	Breaded Chicken Patty on a	Salisbury Steak w/ Gravy-3 oz.	Cheese Pizza-1
Green Beans-3/4 c.	Cheddar Cheese-2	Wheat Bun-1	Mashed Potatoes-3/4 c.	Romaine Salad w/ Dressing-1 1/2 c.
Whole Grain Bread	Black Beans-3/4 c.	Corn-3/4 c.	Diced Peach Cup-1/2 c.	Applesauce Cup-1/2 c.
Fresh Apple-1	Yellow Corn Tortilla Chips-1 oz.	Fresh Apple-1	Wheat Dinner Roll	Milk-8 oz.
Milk-8 oz.	Fresh Orange-1/Milk-8 oz.	Milk-8 oz.	Milk-8 oz.	
19			21 22	23
SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL
CLOSED FOR	CLOSED FOR	CLOSED FOR	CLOSED FOR	CLOSED FOR
FEBRUARY	FEBRUARY	FEBRUARY	FEBRUARY	FEBRUARY
BREAK	BREAK	BREAK	BREAK	BREAK
26			28 1	2
All Beef Hot Dog on a	Beef Nachos/Cheese Sauce5oz.	Turkey Meatball Sub-1	Breaded Chicken Patty on a	Macaroni and Cheese-5 oz.
Whole Wheat Hot Dog Bun-1	Romaine Salad /Dressing-1 1/2 c.	Diced Carrots-3/4 c.	Wheat Bun-1	Broccoli Florets-3/4 c.
French Fries-3/4 c.	Yellow Corn Tortilla Chips-1 oz.	Fresh Banana-1	Corn-3/4 c.	Mixed Fruit Cup-1/2 c.
Fresh Banana-1	Peach Applesauce Cup-1/2 c.	Whole Grain Sub Roll-1	Fresh Apple-1	Whole Grain Bread
Milk-8 oz.	Milk-8 oz.	Milk-8 oz.	Milk-8 oz.	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)

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

NAME:	Grad	de:

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

February

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

Breakfast reduced price: \$0.30

Lunch full price: \$3.75

Lunch reduced price: \$0.40

Milk only: \$0.40

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	2
PLEASE NOTE THAT ALL			Chef Salad w/ Romaine Lettuce,	Sliced Chicken and Cheese
1:00PM DISMISSAL DATES			Cucumbers, Tomatoes, Beef Salami,	on Whole Grain Bread-1
WILL ONLY OFFER			Provolone Cheese and Croutons-5 oz.	Black Bean and Corn Salad
COLD LUNCH OPTIONS			Fresh Apple-1	Fresh Orange-1 / Milk-8oz.
			Wheat Dinner Roll / Milk -8oz.	
5	6	7	1:00PM DISMISSAL 8	9
Beef Salami and Cheese	Turkey Ham and Swiss	Tuna Wrap w/ Lettuce	Sliced Chicken and Cheese	Turkey on Wheat Roll-1
on Wheat Bun-1	on a Wheat Bun-1	and Tomato on Wheat Tortilla-1	on a Whole Grain Potato Bun-1	Black Bean and Corn Salad
Grape Tomato Cup	Fresh Baby Carrots w/ Dip	Potato Salad Cup	Fresh Baby Carrots w/ Dip-3/4 c.	Fresh Orange-1
Fresh Apple-1	Fresh Apple-1 / Milk-8 oz.	Fresh Pear-1	Fresh Apple-1	Milk-8 oz.
Milk-8 oz.	Milk-8 oz.	Milk-8 oz.	Milk-8 oz.	
12	13	14	15	16
Beef Bologna and Cheese	Fresh Turkey Breast on	Chicken Salad on Potato Roll-1	Turkey Ham and Swiss	Sliced Chicken and Cheese
on Whole Grain Bread-1	Whole Grain Bread-1	Cole Slaw Cup	on a Wheat Bun-1	on Whole Grain Bread-1
Fresh Broccoli w/ Dip	Fresh Broccoli w/ Dip	Fresh Apple-1	Fresh Baby Carrots w/ Dip	Potato Salad Cup
Fresh Orange-1	Fresh Orange-1 / Milk-8 oz.	Milk-8 oz.	Fresh Apple-1 / Milk-8 oz.	Fresh Orange-1
Milk-8 oz.	Milk-8 oz.		Milk-8 oz.	Milk-8oz.
19	20	21	22	23
SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL
CLOSED FOR	CLOSED FOR	CLOSED FOR	CLOSED FOR	CLOSED FOR
FEBRUARY	FEBRUARY	FEBRUARY	FEBRUARY	FEBRUARY
BREAK	BREAK	BREAK	BREAK	BREAK
26	27	28	1	2
Chicken Salad Potato Roll-1	Chef Salad w/ Romaine Lettuce,	Beef Bologna and Cheese	Sliced Chicken and Cheese	Tuna Wrap w/ Lettuce
Cole Slaw Cup	Cucumbers, Tomatoes, Beef Salami,	on Whole Grain Bread-1	on Whole Grain Bread-1	and Tomato on Wheat Tortilla-1
Fresh Apple-1	Provolone Cheese and Croutons-5 oz.	Fresh Broccoli w/ Dip	Black Bean and Corn Salad	Potato Salad Cup
Milk-8 oz.	Fresh Apple-1	Fresh Orange-1	Fresh Orange-1 / Milk-8oz.	Fresh Pear-1
	Wheat Dinner Roll / Milk -8oz.	Milk-8 oz.		Milk-8 oz.

^{*} Payment MUST accompany your food order.

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!!! Lunch full price: \$3.75 **February** Grade: Lunch reduced price: \$0.40 NAME: **VEGETARIAN** Directions: (Please retain a copy of your selections at home) Milk only: \$0.40 * Payment MUST accompany your food order. 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. **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** PLEASE NOTE THAT ALL Veggie Nuggets-5 Cheese Pizza-1 1:00PM DISMISSAL DATES Broccoli Florets- 3/4 c. Romaine Salad w/ Dressing-1 1/2 c. **WILL ONLY OFFER** Strawberry Applesauce Cup-1/2 c. Strawberry Applesauce Cup-1/2 c. **COLD LUNCH OPTIONS** Whole Grain Bread / Milk-8oz. Milk-8 oz. 9 **TACO TUESDAY** 8 1:00PM DISMISSAL Veggie Burger on a Veggie Beef Taco's w Shredded Swedish Veggie Meatballs-3 oz. American Cheese Macaroni and Cheese-5 oz. a Wheat Bun-1 Cheddar Cheese-2 Roasted Potato Medley-3/4 c. on a Whole Grain Potato Bun-1 Broccoli Florets-3/4 c. Corn-3/4 c. Black Beans-3/4 c. Fresh Banana-1 Fresh Baby Carrots w/ Dip-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Applesauce Cup-1/2 c. W/G Hard Taco Shells-2 Wheat Dinner Roll Fresh Apple-1 Milk-8 oz. Milk-8 oz. Milk-8 oz. Milk-8 oz. Fresh Orange-1/Milk-8 oz. 12 13 **TACO TUESDAY** 14 15 16 Veggie Nuggets-3 oz. Veggie Nuggets-3 oz. Mozzarella Sticks-4 Cheese Pizza-1 Veggie Beef Nachos/Cheese Sauce-5 oz. Green Beans-3/4 c. Green Beans-3/4 c. Mashed Potatoes-3/4 c. Romaine Salad w/ Dressing-1 1/2 c. Romaine Salad /Dressing-1 1/2 c.. Whole Grain Bread Whole Grain Bread Diced Peach Cup-1/2 c. Strawberry Applesauce Cup-1/2 c. Yellow Corn Tortilla Chips-1 oz.

Fresh Apple-1

Milk-8 oz.

SCHOOL

CLOSED FOR

FEBRUARY

BREAK

Veggie Meatball Sub-1

Green Beans-3/4 c.

Fresh Banana-1

Whole Grain Sub Roll-1/Milk-8oz

21

28

Wheat Dinner Roll

Milk-8 oz.

SCHOOL

CLOSED FOR

FEBRUARY

BREAK

Veggie Nuggets-3 oz.

Green Beans-3/4 c.

Whole Grain Bread

Fresh Apple-1

Milk-8 oz.

22

Milk-8 oz.

SCHOOL

CLOSED FOR

FEBRUARY

BREAK

Macaroni and Cheese-5 oz.

Broccoli Florets-3/4 c.

Mixed Fruit Cup-1/2 c.

Whole Grain Bread

Milk-8 oz.

23

Fresh Apple-1

Milk-8 oz.

SCHOOL

CLOSED FOR

FEBRUARY

BREAK

Veggie Hot Dog on a

Whole Wheat Hot Dog Bun-1

Vegetarian Beans-3/4 c.

Fresh Banana-1/Milk-8oz.

19

26

Applesauce Cup-1/2 c. /Milk-8oz.

SCHOOL

CLOSED FOR

FEBRUARY

BREAK

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.

20

27