

SUBMIT NO LATER THAN

Hoboken Charter School K-8 Breakfast Menu

Breakfast full price: \$2.25

MONDAY FEBRUARY 12TH

(Menu subject to change by Karson Foods)

Breakfast reduced price: \$0.30

MONTHLY FOOD SERVICE ORDERS WILL BE MADE ONLINE!!!

Lunch full price: \$3.75

NAME: _____

Grade: _____

March

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 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.	8 1:00PM DISMISSAL 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 Fresh Pear-1 Cinnamon Toasters Cereal-1 oz. WG Bread / Milk-8oz.	20 Fresh Apple-1 Honey Scooters Cereal-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	21 Fresh Orange-1 Whole Grain Cinnamon Raisin Bagel w/Cream Cheese-1 Milk-8 oz.	22 Fresh Orange-1 Fruit Loops Cereal-1 oz. Whole Grain Bread Milk-8 oz.	23 Peach Applesauce Cup-1/2 c. Apple Juice-4 oz. Whole Grain Corn Muffin-2 oz. Graham Crackers-3/Milk-8oz.
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.	29 1:00PM DIS. NO AFTERCARE/ACTIVITIES Fresh Apple-1 Apple Breakfast Bar-1 Honey Graham Toasters Cereal-1 oz. / Milk-8oz.	30 SCHOOL CLOSED FOR BREAK

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HOT 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			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.	TACO TUESDAY 6 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.	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.	TACO TUESDAY 13 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.
BREAKFAST FOR LUNCH 19 French Toast Sticks /Syrup-4 Beef Sausage Links-3 Fresh Baby Carrots /Dip-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.	TACO TUESDAY 20 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.	21 Breaded Chicken Patty on a Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz.	22 All Beef Hamburger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	23 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.
26 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8 oz.	TACO TUESDAY 27 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.	28 Turkey Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	1:00PM DIS. NO AFTERCARE/ACTIVITIES 29 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz.	30 SCHOOL CLOSED FOR BREAK

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COLD LUNCH

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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-8oz.	13 Fresh Turkey Breast on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 / 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.	16 Sliced Chicken and Cheese on Whole Grain Bread-1 Potato Salad Cup Fresh Orange-1 / Milk-8oz.
19 Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1 Milk-8 oz.	20 Turkey Ham and Swiss on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 / Milk-8 oz. Milk-8 oz.	21 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz.	22 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 Turkey on Wheat Roll-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz.
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.	1:00PM DIS. NO AFTERCARE/ACTIVITIES 29 Sliced Chicken and Cheese on Whole Grain Bread-1 Black Bean and Corn Salad Fresh Orange-1 / Milk-8oz.	30 SCHOOL CLOSED FOR BREAK

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VEGETARIAN

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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. Yellow Corn Tortilla Chips-1 oz. 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.
BREAKFAST FOR LUNCH 19 French Toast Sticks/Syrup-4 Hash Brown Patty-1 Fresh Baby Carrots /Dip-3/4 c. Mandarin Orange Cup-1/2 c. Cheese Stick-1/Milk-8 oz.	20 TACO TUESDAY 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.	21 Veggie Chicken Patty on a Wheat Bun-1 Green Beans-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	22 Veggie Burger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	23 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.
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	1:00PM DIS. NO AFTERCARE/ACTIVITIES 29 American Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	30 SCHOOL CLOSED FOR BREAK