

MENU IS FOR K-12

(Menu subject to change by Karson Foods)

**THE ONLY DIFFERENCE
IS UPPER SCHOOL
GETS FRESH FRUIT
NO FRUIT CUPS**

June

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>ENJOY YOUR SUMMER!</div>				1 Fresh Pear-1 Whole Grain Strawberry Pop Tart-2 Milk-8 oz.
4 Fresh Orange-1 Multigrain Frosted Flakes-1 oz. Whole Grain Bread-1 Milk-8 oz.	5 Fresh Apple-1 W/G Lemon Muffin-2 oz. Dino Grahams-2 Milk-8 oz.	6 Fresh Pear-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.	7 Fresh Orange-1 Trix Cereal-1 oz. Whole Grain Bread Milk-8 oz.	8 Granny Smith Apple-1 W/G Banana Muffin-2 oz. Dino Grahams-2 Milk-8 oz.
11 Fresh Pear-1 Cinnamon Bread w/Margarine-2 Milk-8 oz.	12 Fresh Orange-1 Cinnamon Toasters Cereal-1 oz. Graham Crackers-3 Milk-8 oz.	13 Fresh Banana-1 W/G Fruit Loops-1 oz. Graham Crackers-3 Milk-8 oz.	1PM DISMISSAL NO AFTERSCHOOL 14 Fresh Apple-1 W/G Blueberry Muffin-2 oz. Dino Grahams-2 Milk-8 oz.	15 Fresh Pear-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.
18 Fresh Pear-1 Whole Grain Strawberry Pop Tart-2 Milk-8 oz.	19 Fresh Orange-1 Multigrain Frosted Flakes-1 oz. Whole Grain Bread-1 Milk-8 oz.	1PM DISMISSAL 20 Fresh Apple-1 Toasty O's Cereal-1 oz. Whole Grain Bread Milk-8 oz.	1PM DISMISSAL 21 Fresh Banana-1 Cinnamon Bread w/Margarine-2 Milk-8 oz.	1PM DISMISSAL CLASSES END! 22 Fresh Pear-1 Honey Scooters Cereal-1 oz. Waffle Grahams-2 Milk-8 oz.

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**June
HOT**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>ENJOY YOUR SUMMER!</div>				1 Baked Ziti-5 oz. Carrot Sticks w/ Dip-3/4 c. Applesauce Cup-1/2 c. Whole Wheat Dinner Roll / Milk-8 oz.
4 All Beef Hamburger on Whole Wheat Bun-1 Vegetarian Beans-3/4 c, Pineapple Cup-1/2 c. / Milk-8 oz.	5 Beef Nacho's w/ Mexican Beef and Cheddar Cheese Sauce-6 oz. W/G Yellow Corn Tortilla Chips-1 oz. Celery Sticks w/ Dip-3/4 c. Fresh Banana-1 / Milk-8oz.	6 Chicken Nuggets-3.5 oz. Corn-3/4 c. Whole Grain Bread Fresh Orange-1 / Milk-8 oz.	BREAKFAST FOR LUNCH 7 Whole Grain French Toast Sticks -4 Syrup / Beef Sausage Links-3 Fresh Baby Carrots /Dip-3/4 c. Mandarin Orange Cup-1/2 c Milk-8 oz.	8 Whole Grain Tony's Pizza-5 oz. Tossed Salad w 1/2c. / Dressing –1. Orange Craisins-1/2 c. Milk-8 oz.
11 Chicken Parmigiana on a Whole Grain Bun-1 Corn-3/4 c. Fresh Apple-1 / Milk-8oz.	12 Beef Nacho's w/ Mexican Beef and Cheddar Cheese Sauce-6 oz. W/G Yellow Corn Tortilla Chips-1 oz. Vegetarian Beans-3/4 c. Fresh Banana-1 / Milk-8oz.	13 Turkey Meatball Sub on Whole Grain Sub Roll-1 Broccoli-3/4 c. Fresh Pear-1 / Milk-8.oz	1PM DISMISSAL NO AFTERSCHOOL 14 FIELD DAY NO LUNCH ORDER REQUIRED	15 Macaroni and Cheese-5 oz. Green Beans—3/4c Fresh Orange-1 Whole Grain Bread / Milk-8oz.
18 All Beef Hot Dog on Whole Wheat / Bun-1 Vegetarian Beans-3/4 c. Cherry Craisins-1/2 c. Milk-8 oz.	19 Beef Nacho's w/ Mexican Beef and Cheddar Cheese Sauce-6 oz. W/G Yellow Corn Tortilla Chips-1 oz. Celery Sticks w/ Dip-3/4 c. Fresh Banana-1 / Milk-8oz.	1PM DISMISSAL 20 Roast Beef and Provolone on Rye Bread with Lettuce and Tomato-1 Carrot Sticks / Dip –1 Fresh Orange-1 / Milk-8 oz.	1PM DISMISSAL 21 Turkey Breast on a Whole Grain Kaiser Roll-1 Fresh Broccoli Florets w Dip Fresh Pear-1 / Milk-8oz.	1PM DISMISSAL CLASSES END! 22 Beef Bologna & Cheese On Whole Grain Sub Roll-1 Potato Salad-3/4 c. Fresh Orange-1 / Milk-8oz.

Hoboken Charter School K-12 Breakfast Menu

(Menu subject to change by Karson Foods)

Breakfast full price: \$2.00

Breakfast reduced price: \$0.30

Lunch full price: \$3.25

Lunch reduced price: \$0.40

Milk only: \$0.40

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**June
COLD**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>ENJOY YOUR SUMMER!</div>				1 Beef Salami and Cheese on Rye Bread-1 Fresh Baby Carrots w/ Dip Applesauce Cup-1
4 Beef Bologna & Cheese On Whole Grain Sub Roll-1 Black Bean & Corn salad-3/4c. Pineapple Cup—1 Milk-8oz.	5 Roast Beef and Provolone on Rye Bread with Lettuce and Tomato-1 Celery Sticks w Dip-1 Fresh Banana-1 / Milk-8 oz.	6 Tuna Wrap w Lettuce & Tomato On Wheat Tortilla-1 Potato Salad Cup Fresh Orange -1 Milk-8 oz.	7 Beef Salami and Cheese on Rye Bread-1 Fresh Baby Carrots w/ Dip Mandarin Orange Cup—1 Milk-8oz	8 Chicken Salad /Whole Grain Potato Roll-1 Tossed Salad Cup / Dressing –1 Orange Craisins-1/2 c. Milk-8 oz.
11 Turkey / Whole Wheat Roll-1 Potato Salad-3/4 c. Fresh Apple-1 Milk-8 oz.	12 Chicken Salad /Whole Grain Potato Roll-1 Black Bean and Corn Salad Fresh Banana-1 Milk-8 oz.	13 Chef Salad w/ Romaine Lettuce, Cucumbers, Tomatoes, Beef Salami, Provolone Cheese and Croutons-5 oz. Fresh Pear-1 Wheat Dinner Roll / Milk -8oz.	1PM DISMISSAL NO AFTERSCHOOL 14 FIELD DAY NO LUNCH ORDER REQUIRED	15 Tuna Wrap w Lettuce & Tomato On Wheat Tortilla-1 Fresh Green Beans -3/4 c. Fresh Orange -1 Milk-8 oz.
18 Hummus Platter w/ Celery, Grape Tomatoes & Broccoli Florets-3/4 c. Whole Grain Dry Breadsticks-2 Cherry Craisins— 1/2c/ Milk-8 oz.	19 Turkey Ham & Provolone on Rye Bread with Lettuce and Tomato-1 Celery Sticks w Dip-1 Fresh Banana-1 / Milk-8 oz.	1PM DISMISSAL 20 Roast Beef and Provolone on Rye Bread with Lettuce and Tomato-1 Carrot Sticks w Dip—1 Fresh Orange-1 / Milk-8 oz.	1PM DISMISSAL 21 Turkey Breast on a Whole Grain Kaiser Roll-1 Fresh Broccoli Florets w Dip Fresh Pear-1 / Milk-8oz. Milk-8 oz.	1PM DISMISSAL CLASSES END! 22 Beef Bologna & Cheese On Whole Grain Sub Roll-1 Potato Salad Cup Fresh Orange-1 / Milk-8oz.

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**June
VEGETERIAN**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>ENJOY YOUR SUMMER!</div>				1 Baked Ziti-5 oz. Carrot Sticks w/ Dip-3/4 c. Applesauce Cup-1/2 c. Wheat Dinner Roll / Milk-8 oz.
4 Veggie Burger on Whole Wheat Bun-1 Black Bean & Corn Salad-3/4 c, Pineapple Cup-1/2 c. / Milk-8 oz.	5 Veggie Nacho's w/ Veggie Mexican Beef & Cheddar Cheese Sauce-6 oz. W/G Yellow Corn Tortilla Chips-1 oz. Celery Sticks w/ Dip-3/4 c. Fresh Banana-1 / Milk-8oz.	6 Veggie Nuggets-3 oz. Corn-3/4 c. Whole Grain Bread Fresh Orange-1 / Milk-8 oz.	BREAKFAST FOR LUNCH 7 Whole Grain 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.	8 Whole Grain Tony's Pizza-5 oz. Romaine Salad / Dressing-1 1/2 c. Orange Craisins-1/2 c. Milk-8 oz.
11 Veggie Chicken Parmigiana on a Whole Grain Bun-1 Corn-3/4 c. Fresh Apple-1 / Milk-8oz.	12 Veggie Nacho's w/ Veggie Mexican Beef & Cheddar Cheese Sauce-6 oz. W/G Yellow Corn Tortilla Chips-1 oz. Refried Beans -3/4 c. Fresh Banana-1 / Milk-8oz.	13 Veggie Meatball Sub on Whole Grain Sub Roll-1 Broccoli -3/4 c. Fresh Pear -1 / Milk-8.oz	1PM DISMISSAL NO AFTERSCHOOL 14 FIELD DAY NO LUNCH ORDER REQUIRED	15 Macaroni and Cheese-5 oz. Green Beans -3/4 c. Fresh Orange-1 Whole Grain Bread / Milk-8oz.
18 Veggie Hot Dog /Whole Wheat Bun-1 Vegetarian Beans-3/4 c. Cherry Craisins-1/2 c. Milk-8 oz.	19 Veggie Nacho's w/ Veggie Mexican Beef & Cheddar Cheese Sauce-6 oz. W/G Yellow Corn Tortilla Chips-1 oz. Celery Sticks w/ Dip-3/4 c. Fresh Banana-1 / Milk-8oz.	1PM DISMISSAL 20 Hummus Platter w/ Celery, Grape Tomatoes and Broccoli Florets-3/4 c. Whole Grain Dry Breadsticks-2 Fresh Orange -1 / Milk-8 oz.	1PM DISMISSAL 21 Veggie Turkey & Cheese on Sub Roll-1 Fresh Broccoli Florets w Dip -3/4 c. Fresh Pear -1 / Milk-8oz.	1PM DISMISSAL CLASSES END! 22 Tomato & American Cheese on Whole Grain Potato Roll-1 Potato Salad-3/4 c. Fresh Orange-1 / Milk-8oz.