

Hoboken Charter School K-8 Breakfast Menu

W/G = Whole Grain

(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

September

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SCHOOL CLOSED	4 WELCOME BACK-FULL DAY! Fruit Loops Cereal-1 oz. Bear Grahams-2 Fruit cup - 1 Milk-8 oz.	5 Fresh Orange-1 Whole Grain White Bagel with Cream Cheese-1 Milk-8 oz.	6 Fresh Banana-1 Multigrain Frosted Flakes Cereal-1 oz. Milk-8 oz.	7 Fresh Pear-1 WG Rice Krispies Cereal-1oz. Bear Grahams-2 Milk-8 oz.
10 SCHOOL CLOSED	11 Diced Peach Cup-1/2 c. Orange Juice-4 oz. Honey Graham Toasters Cereal-1 oz. Milk-8 oz.	12 Fresh Apple-1 W/G Superdonut-1 Milk-8 oz.	13 1:00PM DISMISSAL Fresh Apple-1 WG Banana Loaf-2 oz. Bear Grahams-2 Milk-8 oz.	14 Fresh Orange-1 Whole Grain White Bagel with Cream Cheese-1 Milk-8 oz.
17 Fresh Pear-1 Cinnamon Toasters Cereal-1 oz. Dino Grahams-2 Milk-8 oz.	18 Fresh Apple-1 WG Corn Muffin-2 oz. Bear Grahams-2 Milk-8 oz.	19 SCHOOL CLOSED	20 Fresh Apple-1 Honey Scooters Cereal-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.	21 Diced Pear Cup-1/2 c. Apple Juice-4 oz. W/G Superbun-1 Milk-8 oz.
24 Fresh Orange-1 Cinnamon Frosted Flakes-1 oz. Dino Grahams-2 Milk 8 oz.	25 Strawberry Applesauce Cup-1/2 c. Raisin Bran Cereal-1 oz. Waffle Grahams-2 Milk-8 oz.	26 Fresh Orange-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.	27 Fresh Pear-1 Cinnamon Toasters Cereal-1oz. Bear Grahams-2 Milk-8 oz.	28 Fresh Pear-1 W/G Lemon Loaf-2 oz. Waffle Grahams-2 Milk-8 oz.

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1:00PM DISMISSAL DATES**

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Breakfast reduced price: \$0.30

WILL ONLY OFFER

Lunch full price: \$3.75

COLD LUNCH OPTIONS

September

Lunch reduced price: \$0.40

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COLD LUNCH

Milk only: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SCHOOL CLOSED	4 WELCOME BACK-FULL DAY!	5	6	7
	Turkey on Wheat Roll-1 Fresh Baby Carrots w/ Dip Fresh Orange-1 Milk-8 oz.	Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1 Milk-8 oz.	Turkey Ham and Swiss on a Wheat Bun-1 Fresh Celery Sticks w/ Dip Fresh Apple-1 Milk-8 oz.	Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz.
10 SCHOOL CLOSED	11	12	13 1:00PM DISMISSAL	14
	Beef Bologna and Cheese on Wheat Kaiser Roll-1 Fresh Snipped Green Beans w Dip Fresh Pear-1 Milk-8 oz.	Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz.	Fresh Turkey Breast on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz.	Turkey Ham & Provolone Cheese on WG Sub Roll-1 Fresh Baby Carrots w/ Dip- Fresh Apple-1 Milk-8 oz.
17	18	19	20	21
Fresh Turkey Breast on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz.	Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1 Milk-8 oz.	SCHOOL CLOSED	Sliced Chicken and Cheese on Whole Grain Bread-1 Fresh Baby Carrots w/ Dip- Fresh Orange-1 Milk-8 oz.	Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz.
24	25	26	27	28
Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz,	Fresh Turkey Breast on Whole Grain Bread-1 Black Bean & Corn Salad Fresh Orange-1 Milk-8 oz.	Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz.	Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1 Milk-8 oz.	Turkey Ham & Provolone Cheese on WG Sub Roll-1 Fresh Baby Carrots w/ Dip- Fresh Apple-1 Milk-8 oz.

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HOT LUNCH

Milk only: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SCHOOL CLOSED	4 WELCOME BACK-FULL DAY! Beef Nachos w/ Cheese Sauce-5 oz. Black Bean & Corn Salad Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz.	5 Turkey Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	6 All Beef Hamburger on a Wheat Bun-1 Sweet Potato Fries-3/4 c. Fresh Apple-1 Milk-8 oz.	7 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c.. Applesauce Cup-1/2 c. Milk-8 oz.
10 SCHOOL CLOSED	11 TACO TUESDAY Chicken Taco's w/ Shredded Cheddar Cheese-2 Diced Carrots-3/4 c. WG Soft Taco Shells-2 Fresh Orange-1 Milk-8 oz.	12 All Beef Hot Dog on a Wheat Bun-1 Green Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	13 1:00PM DISMISSAL	14 Macaroni & Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup WG Dinner Roll Milk-8 oz.
17 Chicken Fingers-3 Vegetarian Beans-3/4 c. Fresh Apple-1 Wheat Dinner Roll Milk-8 oz.	18 TACO TUESDAY Beef Nachos w/ Cheese Sauce-5 oz. Black Bean & Corn Salad Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz.	19 SCHOOL CLOSED	20 Swedish Turkey Meatballs-3 oz. Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	21 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c.. Applesauce Cup-1/2 c. Milk-8 oz.
24 Baked Ziti-5 oz. Romaine Salad w/Dressing-1.5 c.. Applesauce Cup-1/2 c. WG Dinner Roll Milk-8 oz.	25 TACO TUESDAY Beef Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. WG Soft Taco Shells-2 Fresh Orange-1 / Milk-8 oz.	26 Turkey Meatball Sub-1 Green Beans-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	27 Breaded Chicken Patty on a Wheat Bun-1 Mashed Potatoes -3/4 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.	28 Macaroni & Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup WG Dinner Roll Milk-8 oz.

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VEGETARIAN LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 WELCOME BACK-FULL DAY!	5	6	7
SCHOOL CLOSED	Veggie Nachos w/ Cheese Sauce-5 oz. Black Bean & Corn Salad Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz.	Veggie Meatball Sub-1 Broccoli-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	Veggie Burger on a Wheat Bun-1 Sweet Potato Fries-3/4 c. Fresh Apple-1 Milk-8 oz.	Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c.. Applesauce Cup-1/2 c. Milk-8 oz.
10	11 TACO TUESDAY	12	13 1:00PM DISMISSAL	14
SCHOOL CLOSED	Veggie Taco's w/ Shredded Cheddar Cheese-2 Diced Carrots-3/4 c. WG Soft Taco Shells-2 Fresh Orange-1 Milk-8 oz.	Veggie Hot Dog on a Wheat Bun-1 Green Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	American Cheese w Lettuce/Tomato Whole Grain Bun-1 Fresh Celery Sticks w/ Dip Fresh Orange-1 Milk-8 oz.	Macaroni & Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup WG Dinner Roll Milk-8 oz.
17	18	19	20	21
Veggie Nuggets -3 Vegetarian Beans-3/4 c. Fresh Apple-1 Wheat Dinner Roll Milk-8 oz.	Veggie Nachos w/ Cheese Sauce-5 oz. Black Bean & Corn Salad Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz.	SCHOOL CLOSED	Swedish Veggie Meatballs-3 oz. Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c.. Applesauce Cup-1/2 c. Milk-8 oz.
24	25 TACO TUESDAY	26	27	28
Baked Ziti-5 oz. Romaine Salad w/Dressing-1.5 c.. Applesauce Cup-1/2 c. WG Dinner Roll Milk-8 oz.	Veggie Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. WG Soft Taco Shells-2 Fresh Orange-1 / Milk-8 oz.	Veggie Meatball Sub-1 Green Beans-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	Veggie Chicken Patty on a Wheat Bun-1 Mashed Potatoes -3/4 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.	Macaroni & Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup WG Dinner Roll Milk-8 oz.