

Hoboken Charter School

(Menu subject to change by Karson Foods)

W/G = Whole Grain

Breakfast full price: \$2.25

Breakfast reduced price: \$0.30

Lunch full price: \$3.75

Lunch reduced price: \$0.40

Milk only: \$0.40

# October

## BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fresh Pear-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.	2 Fresh Apple-1 W/G Lemon Muffin-2 oz. Dino Grahams-2 Milk-8 oz.	3 Fresh Orange-1 Multigrain Frosted Flakes-1 oz. Whole Grain Bread-1 Milk-8 oz.	4 Fresh Banana-1 Honey Scooters Cereal-1 oz. Waffle Grahams-2 Milk-8 oz.	5 Fresh Pear-1 Whole Grain Croissant w/ Margarine-1 Milk-8 oz.
8 <b>SCHOOL CLOSED FOR COLUMBUS DAY</b>	9 Fresh Orange-1 Fruit Loops Cereal-1 oz. Whole Grain Bread Milk-8 oz.	10 Fresh Banana-1 Whole Grain Rice Krispy Cereal-1 oz. Bear Grahams-2/Milk-8 oz.	11 <b>1:00PM DISMISSAL</b> Fresh Pear-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz. Milk-8 oz.	12 Fresh Apple-1 W/G Lemon Muffin-2 oz. Dino Grahams-2 Milk-8 oz.
15 Fresh Pear-1 Whole Grain Croissant w/ Margarine-1 Milk-8 oz.	16 Fresh Apple-1 Toasty O's Cereal-1 oz. Whole Grain Bread Milk-8 oz.	17 Fresh Pear-1 WG Strawberry Pop Tart-2 Milk-8 oz.	18 Fresh Banana-1 Cinnamon Bread with Margarine-2 Milk-8 oz.	19 Fresh Orange-1 Honey Scooters Cereal-1 oz. Waffle Grahams-2 Milk-8 oz.
22 Fresh Orange-1 Trix Cereal-1 oz. Whole Grain Bread Milk-8 oz.	23 Fresh Banana-1 Corn Muffin-2 oz. Waffle Grahams-2 Milk-8 oz.	24 Granny Smith Apple-1 Honey Graham Toasters Cereal-1 oz. Bear Grahams-2/Milk-8 oz.	25 Fresh Pear-1 Whole Grain Rice Krispy Cereal-1 oz. Bear Grahams-2/Milk-8 oz.	26 Fresh Apple-1 Whole Grain Croissant w/ Margarine-1 Milk-8 oz.
29 Fresh Pear-1 Cocoa Puffs Cereal-1 oz. Bear Grahams-2 Milk-8 oz.	30 Fresh Banana-1 WG Strawberry Pop Tart-2 Milk-8 oz.	31 Fresh Orange-1 Multigrain Frosted Flakes-1 oz. Whole Grain Bread-1 Milk-8 oz.		

**PLEASE NOTE THAT ALL  
1:00PM DISMISSAL DATES**

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**WILL ONLY OFFER**

# October

**COLD LUNCH OPTIONS**

## HOT LUNCH

W/G = Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Teriyaki Chicken Bites-3 oz. Diced carrots—3/4 c. Diced Pear Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.	2 <b>TACO TUESDAY</b> 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.	3 Cheese Lasagna with Meat Sauce-5 oz. Green Beans—3/4 c. Fresh Banana-1 Whole Grain Bread / Milk-8oz.	4 Swedish Turkey Meatballs-3.5 oz. Roasted Potato Medley-3/4 c. Whole Grain Bread Fresh Apple-1. Milk-8 oz	5 Macaroni & Cheese-5 oz. Romaine Salad w/ Dressing-1 1/2 c. Mixed Fruit Cup WG Dinner Roll Milk-8 oz.
8 <b>SCHOOL CLOSED FOR COLUMBUS DAY</b>	9 <b>TACO TUESDAY</b> Chicken Taco's w/ Shredded Cheddar Cheese-2 Black Bean & Corn Salad WG Soft Taco Shells-2 Fresh Orange-1 / Milk-8oz.	10 Turkey Meatball Sub on Whole Grain Sub Roll-1 Green Beans-3/4 c. Fresh Banana-1 Milk-8 oz.	11 <b>1:00PM DISMISSAL</b> Turkey Breast on Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Diced Peach Cup-1/2 c. Milk-8 oz.	12 Whole Wheat 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Pear-1 Milk-8 oz.
15 Breaded Chicken Patty on a Whole Grain Bun-1 Diced carrots-3/4 c. Fresh Apple-1 Milk-8 oz.	16 <b>TACO TUESDAY</b> Beef Nachos w/ Cheese Sauce-5 oz. Celery Sticks w/ Dip Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz.	17 All Beef Hot Dog on a Wheat Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8oz.	18 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Mandarin Orange Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.	19 Macaroni & Cheese-5 oz. Broccoli Florets-3/4 c. Fresh Pear-1 WG Dinner Roll Milk-8 oz.
22 All Beef Hamburger on Wheat Bun-1 Green Beans—3/4 c, Pineapple Cup-1/2 c. Milk-8 oz.	23 <b>TACO TUESDAY</b> Chicken Taco's w/ Shredded Cheddar Cheese-2 Black Bean & Corn Salad WG Soft Taco Shells-2 Fresh Orange-1 / Milk-8oz	24 Teriyaki Chicken Bites-3 oz. Diced carrots-3/4 c. Fresh Apple-1 Wheat Dinner Roll Milk-8 oz.	25 Grilled Chicken Fillet w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Fresh Pear-1 Wheat Dinner Roll-1 Milk-8 oz.	26 Whole Wheat 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Banana-1 Milk-8 oz.
29 Chicken Fingers-3 Baby Carrots- 3/4 c. Fresh Orange-1 Wheat Dinner Roll Milk-8 oz.	30 <b>TACO TUESDAY</b> Beef Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. WG Soft Taco Shells-2 Fresh Banana-1 Milk-8 oz.	31 Baked Ziti-5 oz. Romaine Salad w/Dressing-1.5 c.. Applesauce Cup-1/2 c. WG Dinner Roll Milk-8 oz.		

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## VEGETARIAN LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Veggie Chicken Fillet Diced carrots—3/4 c. Diced Pear Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.	2 <b>TACO TUESDAY</b> 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.	3 Mini Cheese Quesadilla-3 Green Beans—3/4 c. Fresh Banana-1 Whole Grain Bread Milk-8oz.	4 Swedish Veggie Meatballs-3.5 oz. Roasted Potato Medley-3/4 c. Whole Grain Bread Fresh Apple-1. Milk-8 oz	5 Macaroni & Cheese-5 oz. Romaine Salad w/ Dressing-1 1/2 c. Mixed Fruit Cup WG Dinner Roll Milk-8 oz.
8 <b>SCHOOL CLOSED FOR COLUMBUS DAY</b>	9 <b>TACO TUESDAY</b> Veggie Chicken Taco's w/ Shredded Cheddar Cheese-2 Black Bean & Corn Salad WG Soft Taco Shells-2 Fresh Orange-1 / Milk-8oz.	10 Veggie Meatball Sub on Whole Grain Sub Roll-1 Green Beans-3/4 c. Fresh Banana-1 Milk-8 oz.	11 <b>1:00PM DISMISSAL</b> American Cheese on Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip Diced Peach Cup-1/2 c. Milk-8 oz.	12 Whole Wheat 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Pear-1 Milk-8 oz.
15 Veggie Chicken Patty on a Whole Grain Bun-1 Diced carrots-3/4 c. Fresh Apple-1 Milk-8 oz.	16 <b>TACO TUESDAY</b> Veggie Nachos w/ Cheese Sauce-5 oz. Celery Sticks w/ Dip Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz.	17 Veggie Hot Dog on a Wheat Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8oz.	18 Swedish Veggie Meatballs-3.5 oz. Mashed Potatoes-3/4 c. Mandarin Orange Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.	19 Macaroni & Cheese-5 oz. Broccoli Florets-3/4 c. Fresh Pear-1 WG Dinner Roll Milk-8 oz.
22 Veggie Burger on Wheat Bun-1 Green Beans—3/4 c, Pineapple Cup-1/2 c. Milk-8 oz.	23 <b>TACO TUESDAY</b> Veggie Chicken Taco's w/ Shredded Cheddar Cheese-2 Black Bean & Corn Salad WG Soft Taco Shells-2 Fresh Orange-1 / Milk-8oz	24 Veggie Chicken Fillet Diced carrots-3/4 c. Fresh Apple-1 Wheat Dinner Roll Milk-8 oz.	25 Veggie Chicken Fillet w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Fresh Pear-1 Wheat Dinner Roll-1 Milk-8 oz.	26 Whole Wheat 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Pear-1 Milk-8 oz.
29 Veggie Nuggets-3 Baby Carrots- 3/4 c. Fresh Orange-1 Wheat Dinner Roll Milk-8 oz.	30 <b>TACO TUESDAY</b> Veggie Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. WG Soft Taco Shells-2 Fresh Banana-1 Milk-8 oz.	31 Baked Ziti-5 oz. Romaine Salad w/Dressing-1.5 c.. Applesauce Cup-1/2 c. WG Dinner Roll Milk-8 oz.		

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# October

## COLD LUNCH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>Turkey Breast on a Whole Grain Kaiser Roll-1 Fresh Snipped Green Beans w/ Dip Fresh Pear-1 / Milk-8oz.</p>	<p><b>2</b></p> <p>Beef Salami and Cheese on Wheat Roll-1 Romaine Salad w/ Dressing . Fresh Apple-1 Milk-8 oz.</p>	<p><b>3</b></p> <p>Chicken Salad on Wheat Potato Roll-1 Black Bean and Corn Salad Fresh Banana-1 Milk-8 oz.</p>	<p><b>4</b></p> <p>Beef Bologna and Cheese on Kaiser Roll-1 Fresh Baby Carrots w/Dip Fresh Pear-1 Milk-8oz.</p>	<p><b>5</b></p> <p>Roast Beef and Provolone on Rye Bread with Lettuce and Tomato-1 Potato Salad Cup Fresh Orange-1 Milk-8 oz.</p>
<p><b>8</b></p> <p><b>SCHOOL CLOSED FOR COLUMBUS DAY</b></p>	<p><b>9</b></p> <p>Beef Bologna and Cheese on Whole Grain Bread-1 Celery Sticks w/ Dip Fresh Orange-1 Milk-8 oz.</p>	<p><b>10</b></p> <p>Turkey Ham and Provolone Cheese on Whole Grain Sub Roll-1 Carrot Sticks w/ Dip Fresh Banana-1 / Milk-8oz.</p>	<p><b>11</b></p> <p><b>1:00PM DISMISSAL</b></p> <p>Chef Salad w/ Romaine Lettuce, Cucumbers, Tomatoes, Beef Salami, Provolone Cheese &amp; Croutons-5 oz. Fresh Apple-1 Wheat Dinner Roll / Milk -8oz.</p>	<p><b>12</b></p> <p>Turkey on Wheat Roll-1 Coleslaw Cup Fresh Apple-1 Milk-8 oz.</p>
<p><b>15</b></p> <p>Beef Salami and Cheese on Rye Bread-1 Celery Sticks w/ Dip Fresh Apple-1 Milk-8 oz.</p>	<p><b>16</b></p> <p>Fresh Turkey Breast on Pumpnickel Bread-1 Fresh Broccoli w/ Dip Fresh Banana-1 Milk-8 oz.</p>	<p><b>17</b></p> <p>Turkey Ham and Provolone Cheese on Whole Grain Sub Roll-1 Grape Tomato Cup w/ Dip Fresh Apple-1 / Milk-8oz.</p>	<p><b>18</b></p> <p>Beef Bologna and Cheese on Kaiser Roll-1 Black Bean and Corn Salad Fresh Pear - 1 Milk-8oz.</p>	<p><b>19</b></p> <p>Roast Beef and Provolone on Rye Bread with Lettuce and Tomato-1 Potato Salad Cup Fresh Orange-1 Milk-8 oz.</p>
<p><b>22</b></p> <p>Tuna Wrap with Lettuce and Tomato On Wheat Tortilla-1 Potato Salad Fresh Banana-1 Milk-8 oz.</p>	<p><b>23</b></p> <p>Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup w/ Dip Fresh Apple-1 Milk-8 oz.</p>	<p><b>24</b></p> <p>Chicken Salad on Potato Roll-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz.</p>	<p><b>25</b></p> <p>Turkey Breast on a Whole Grain Kaiser Roll-1 Celery Sticks w/ Dip Fresh Apple-1 Milk-8 oz.</p>	<p><b>26</b></p> <p>Beef Bologna and Cheese on Whole Grain Kaiser Roll-1 Romaine Salad with Dressing Fresh Pear-1 / Milk-8oz.</p>
<p><b>29</b></p> <p>Turkey Breast on a Whole Grain Kaiser Roll-1 Fresh Snipped Green Beans w/ Dip Fresh Pear-1 / Milk-8oz.</p>	<p><b>30</b></p> <p>Roast Beef and Provolone on Rye Bread with Lettuce and Tomato-1 Potato Salad Cup Fresh Orange-1 Milk-8 oz.</p>	<p><b>31</b></p> <p>Turkey Ham and Provolone Cheese on Whole Grain Sub Roll-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 / Milk-8oz.</p>		