

Hoboken Charter School Breakfast Menu

(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

# November

## BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Fresh Banana-1 Honey Scooters Cereal-1 oz. Waffle Grahams-2 Milk-8 oz.	Fresh Pear-1 Whole Grain Croissant w/ Margarine-1 Milk-8 oz.
5	6	7	<b>1:00PM DISMISSAL</b> 8	9
Fresh Apple-1 WG Banana Loaf-2 oz. Bear Grahams-2 Milk-8 oz.	Fresh Orange-1 Fruit Loops Cereal-1 oz. Whole Grain Bread Milk-8 oz.	Fresh Banana-1 Whole Grain Rice Krispy Cereal-1 oz. Bear Grahams-2/Milk-8 oz.	Fresh Pear-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.	Fresh Apple-1 W/G Lemon Muffin-2 oz. Dino Grahams-2 Milk-8 oz.
12	13	14	15	16
Fresh Pear-1 Whole Grain Croissant w/ Margarine-1 Milk-8 oz.	Fresh Apple-1 Toasty O's Cereal-1 oz. Whole Grain Bread Milk-8 oz.	Fresh Pear-1 WG Strawberry Pop Tart-2 Milk-8 oz.	Fresh Banana-1 Cinnamon Bread with Margarine-2 Milk-8 oz.	Fresh Orange-1 Honey Scooters Cereal-1 oz. Waffle Grahams-2 Milk-8 oz.
19	20	1:00PM DISMISSAL NO AFTERSCHOOL 21	22	23
Fresh Orange-1 Trix Cereal-1 oz. Whole Grain Bread Milk-8 oz.	Fresh Banana-1 Corn Muffin-2 oz. Waffle Grahams-2 Milk-8 oz.	Granny Smith Apple-1 Honey Graham Toasters Cereal-1 oz. Bear Grahams-2/Milk-8 oz.	<b>SCHOOL CLOSED HAPPY THANKSGIVING!</b>	<b>SCHOOL CLOSED HAPPY THANKSGIVING!</b>
26	27	28	29	30
Fresh Pear-1 Cocoa Puffs Cereal-1 oz. Bear Grahams-2 Milk-8 oz.	Fresh Banana-1 WG Strawberry Pop Tart-2 Milk-8 oz.	Fresh Orange-1 Multigrain Frosted Flakes-1 oz. Whole Grain Bread-1 Milk-8 oz.	Fresh Apple-1 WG Banana Loaf-2 oz. Bear Grahams-2 Milk-8 oz.	Fresh Pear-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.

**PLEASE NOTE THAT ALL  
1:00PM DISMISSAL DATES  
WILL ONLY OFFER  
COLD LUNCH OPTIONS**

(Menu subject to change by Karson Foods)

# November

## HOT LUNCH

W/G = Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Swedish Turkey Meatballs-3.5 oz. Roasted Potato Medley-3/4 c. Whole Grain Bread Fresh Apple-1. Milk-8 oz	2 Macaroni & Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup WG Dinner Roll Milk-8 oz.
5 Cheese Lasagna with Meat Sauce-5 oz. Green Beans-3/4 c. Fresh Banana-1 Whole Grain Bread / Milk-8oz.	6 <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.	7 Turkey Meatball Sub on Whole Grain Sub Roll-1 Roasted Potato Medley-3/4 c. Fresh Banana-1 Milk-8 oz.	8 <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.	9 Whole Grain 3x5 Pizza Slices—2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Pear-1 Milk-8 oz.
12 Breaded Chicken Patty on a Whole Grain Bun-1 Diced carrots-3/4 c. Fresh Apple-1 Milk-8 oz.	13 <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.	14 All Beef Hot Dog on a Wheat Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8oz.	15 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Mandarin Orange Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.	16 Macaroni & Cheese-5 oz. Broccoli Florets-3/4 c. Fresh Pear-1 WG Dinner Roll Milk-8 oz.
19 All Beef Hamburger on Wheat Bun-1 Broccoli Florets-3/4 c, Pineapple Cup-1/2 c. Milk-8 oz.	20 <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	21 <b>1:00PM DISMISSAL NO AFTERSCHOOL</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.	22 <b>SCHOOL CLOSED HAPPY THANKSGIVING!</b>	23 <b>SCHOOL CLOSED HAPPY THANKSGIVING!</b>
26 Chicken Fingers-3 Green Beans-3/4 c. Fresh Orange-1 Wheat Dinner Roll Milk-8 oz.	27 <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.	28 Baked Ziti-5 oz. Diced Carrots-3/4 c. Applesauce Cup-1/2 c. WG Dinner Roll Milk-8 oz.	29 Grilled Chicken Fillet w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Fresh Pear-1 Wheat Dinner Roll-1 Milk-8 oz.	30 Whole Grain 3x5 Pizza Slices—2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Banana-1 Milk-8 oz.

Hoboken Charter School

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Breakfast reduced price: \$0.30

Lunch full price: \$3.75

**WILL ONLY OFFER**

# November

Lunch reduced price: \$0.40

**COLD LUNCH OPTIONS**

## VEGETARIAN LUNCH

Milk only: \$0.40

W/G = Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Swedish Veggie Meatballs-3.5 oz. Roasted Potato Medley-3/4 c. Whole Grain Bread Fresh Apple-1. Milk-8 oz	2 Macaroni & Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup WG Dinner Roll Milk-8 oz.
5 Baked Ziti-5 oz. Green Beans-3/4 c. Applesauce Cup-1/2 c. WG Dinner Roll Milk-8 oz.	6 <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.	7 Veggie Meatball Sub on Whole Grain Sub Roll-1 Roasted Potato Medley-3/4 c. Fresh Banana-1 Milk-8 oz.	8 <b>1:00PM DISMISSAL</b> American Cheese on Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Diced Peach Cup-1/2 c. Milk-8 oz.	9 Whole Grain 3x5 Pizza Slices—2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Pear-1 Milk-8 oz.
12 Veggie Chicken Patty on a Whole Grain Bun-1 Diced carrots-3/4 c. Fresh Apple-1 Milk-8 oz.	13 <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.	14 Veggie Hot Dog on a Wheat Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8oz.	15 Swedish Veggie Meatballs-3.5 oz. Mashed Potatoes-3/4 c. Mandarin Orange Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.	16 Macaroni & Cheese-5 oz. Broccoli Florets-3/4 c. Fresh Pear-1 WG Dinner Roll Milk-8 oz.
19 Veggie Burger on Wheat Bun-1 Broccoli Florets-3/4 c, Pineapple Cup-1/2 c. Milk-8 oz.	20 <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	21 <b>1:00PM DISMISSAL NO AFTERSCHOOL</b> American Cheese on Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Diced Peach Cup-1/2 c. Milk-8 oz.	22 <b>SCHOOL CLOSED HAPPY THANKSGIVING!</b>	23 <b>SCHOOL CLOSED HAPPY THANKSGIVING!</b>
26 Veggie Nuggets-3 Green Beans-3/4 c. Fresh Orange-1 Wheat Dinner Roll Milk-8 oz.	27 <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.	28 Baked Ziti-5 oz. Diced carrots-3/4 c. Applesauce Cup-1/2 c. WG Dinner Roll Milk-8 oz.	29 Veggie Chicken Fillet Mashed Potatoes-3/4 c. Fresh Apple-1 Wheat Dinner Roll Milk-8 oz.	30 Whole Grain 3x5 Pizza Slices—2 Romaine Salad w/ Dressing-1 1/2 c. Fresh Banana-1 Milk-8 oz.

Hoboken Charter School K-8 Breakfast Menu

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**WILL ONLY OFFER  
COLD LUNCH OPTIONS**

# November

## COLD LUNCH

W/G = Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Beef Bologna and Cheese on Kaiser Roll-1 Fresh Baby Carrots w/Dip Fresh Pear-1 Milk-8oz.	2 Roast Beef and Provolone on Rye Bread with Lettuce and Tomato-1 Potato Salad Cup Fresh Orange-1 Milk-8 oz.
5 Chicken Salad on Wheat Potato Roll-1 Black Bean and Corn Salad Fresh Banana-1 Milk-8 oz.	6 Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz.	7 Turkey Ham and Provolone Cheese on Whole Grain Sub Roll-1 Carrot Sticks w/ Dip Fresh Banana-1 / Milk-8oz.	8 <b>1:00PM DISMISSAL</b> Chef Salad w/ Romaine Lettuce, Cucumbers, Tomatoes, Beef Salami, Provolone Cheese & Croutons-5 oz. Fresh Apple-1 Wheat Dinner Roll / Milk -8oz.	9 Turkey on Wheat Roll-1 Potato Salad Cup Fresh Apple-1 Milk-8 oz.
12 Beef Salami and Cheese on Rye Bread-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 Milk-8 oz.	13 Fresh Turkey Breast on Pumpernickel Bread-1 Fresh Broccoli w/ Dip Fresh Banana-1 Milk-8 oz.	14 Turkey Ham and Provolone Cheese on Whole Grain Sub Roll-1 Celery Sticks w/ Dip Fresh Apple-1 / Milk-8oz.	15 Beef Bologna and Cheese on Kaiser Roll-1 Black Bean and Corn Salad Fresh Pear - 1 Milk-8oz.	16 Roast Beef and Provolone on Rye Bread with Lettuce and Tomato-1 Potato Salad Cup Fresh Orange-1 Milk-8 oz.
19 Tuna Wrap with Lettuce and Tomato On Wheat Tortilla-1 Potato Salad Fresh Banana-1 Milk-8 oz.	20 <b>TACO TUESDAY</b> Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup w/ Dip Fresh Apple-1 Milk-8 oz.	21 <b>1:00PM DISMISSAL NO AFTERSCHOOL</b> Chicken Salad on Potato Roll-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz.	22 <b>SCHOOL CLOSED HAPPY THANKSGIVING!</b>	23 <b>SCHOOL CLOSED HAPPY THANKSGIVING!</b>
26 Turkey Breast on a Whole Grain Kaiser Roll-1 Fresh Snipped Green Beans w/ Dip Fresh Pear-1 / Milk-8oz.	27 <b>TACO TUESDAY</b> Roast Beef and Provolone on Rye Bread with Lettuce and Tomato-1 Potato Salad Cup Fresh Orange-1 Milk-8 oz.	28 Turkey Ham and Provolone Cheese on Whole Grain Sub Roll-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 / Milk-8oz.	29 Beef Salami and Cheese on Wheat Roll-1 Black Bean and Corn Salad Fresh Apple-1 Milk-8 oz.	30 Chef Salad w/ Romaine Lettuce, Cucumbers, Tomatoes, Beef Salami, Provolone Cheese & Croutons-5 oz. Fresh Apple-1 Wheat Dinner Roll / Milk -8oz.