

W/G = Whole Grain

(Menu subject to change by Karson Foods)

December

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Fresh Pear-1 Cinnamon Toasters Cereal-1 oz. WG Bread / Milk-8oz.</p>	<p>4</p> <p>Fresh Apple-1 Honey Scooters Cereal-1 oz. Strawberry Breakfast Bar-1 Milk-8 oz.</p>	<p>5</p> <p>Fresh Orange-1 Whole Grain Cinnamon Raisin Bagel w/Cream Cheese-1 Milk-8 oz.</p>	<p>6</p> <p>Fresh Pear-1 Fruit Loops Cereal-1 oz. Whole Grain Bread Milk-8 oz.</p>	<p>7</p> <p>Peach Applesauce Cup-1/2 c. Whole Grain Corn Muffin-2 oz. Graham Crackers-2 Milk-8oz.</p>
<p>10</p> <p>Fresh Apple-1 Apple Breakfast Bar-1 Honey Graham Toasters Cereal-1 oz. / Milk-8oz.</p>	<p>11</p> <p>Fresh Pear-1 W/G Banana Loaf-2 oz. Waffle Grahams-2 Milk-8 oz.</p>	<p>12</p> <p>Fresh Orange-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.</p>	<p>13</p> <p>1:00PM DISMISSAL</p> <p>Fresh Apple-1 Alpha-Bits Cereal-1 oz. Dino Grahams-2 Milk-8 oz.</p>	<p>14</p> <p>Fresh Pear-1 Multigrain Cheerios-1 oz. Bear Grahams-2 Milk-8 oz.</p>
<p>17</p> <p>Fresh Pear-1 Frosted Mini Wheats Cereal-1 oz. Waffle Grahams-2/Milk-8oz</p>	<p>18</p> <p>Fresh Apple-1 W/G Corn Muffin-2 oz. Bear Grahams-2 Milk-8 oz.</p>	<p>19</p> <p>Strawberry Applesauce Cup-1/2 c. Orange Tangerine Juice-4 oz. Whole Grain White Bagel w/ Cream Cheese-1 / Milk-8oz.</p>	<p>NO AFTERCARE/ACTIVITIES STAFF PD 20</p> <p>Fresh Apple-1 Apple Breakfast Bar-1 Honey Graham Toasters Cereal-1 oz. / Milk-8oz.</p>	<p>1:00PM DIS. NO AFTERCARE/ACTIVITIES 21</p> <p>Fresh Orange-1 W/G Banana Loaf-2 oz. Dino Grahams-2 Milk-8 oz.</p>
<p>24</p> <p>SCHOOL CLOSED FOR WINTER BREAK</p>	<p>25</p> <p>SCHOOL CLOSED FOR WINTER BREAK</p>	<p>26</p> <p>SCHOOL CLOSED FOR WINTER BREAK</p>	<p>27</p> <p>SCHOOL CLOSED FOR WINTER BREAK</p>	<p>28</p> <p>SCHOOL CLOSED FOR WINTER BREAK</p>
<p>31</p> <p>SCHOOL CLOSED FOR WINTER BREAK</p>	<p><i>January 1st 2019 Happy New Year!</i></p> <p>SCHOOL CLOSED FOR WINTER BREAK</p>		<p><i>*December 20th Office Site Staff Professional Development NO AFTERSCHOOL ACTIVITIES AVAILABLE FOR STUDENTS</i></p>	

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1:00PM DISMISSAL DATES**

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WILL ONLY OFFER

December

COLD LUNCH OPTIONS

HOT LUNCH

W/G = Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Chicken Fingers-3 Green Beans-3/4 c. Fresh Apple-1 Wheat Dinner Roll Milk-8oz.</p>	<p>4</p> <p>TACO TUESDAY</p> <p>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.</p>	<p>5</p> <p>Turkey Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.</p>	<p>6</p> <p>All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8 oz.</p>	<p>7</p> <p>Whole Wheat 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.</p>
<p>10</p> <p>All Beef Hamburger on a Wheat Bun-1 Vegetarian Beans-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.</p>	<p>11</p> <p>TACO TUESDAY</p> <p>Chicken Taco's w/ Shredded Cheddar Cheese-2 Sweet Potato Fries-3/4 c. Yellow Corn Tortilla Chips-1 oz. Pineapple Cup-1/2c./Milk-8 oz.</p>	<p>12</p> <p>Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Diced Peach Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.</p>	<p>13</p> <p>1:00PM DISMISSAL</p> <p>Sliced Chicken and Cheese on a Whole Grain Potato Bun-1 Sliced Cucumber Cup-3/4 c. Fresh Apple-1 Milk-8 oz.</p>	<p>14</p> <p>Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.</p>
<p>17</p> <p>Teriyaki Chicken Bites- 4 Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.</p>	<p>18</p> <p>TACO TUESDAY</p> <p>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.</p>	<p>19</p> <p>Breaded Chicken Patty on a Wheat Bun-1 Steamed Baby Carrots-3/4 c. Fresh Apple-1 Milk-8 oz.</p>	<p>20</p> <p>NO AFTERCARE/ACTIVITIES STAFF PD</p> <p>Swedish Turkey Meatballs-3oz Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8oz.</p>	<p>21</p> <p>1:00PM DIS. NO AFTERCARE/ACTIVITIES</p> <p>Whole Wheat 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.</p>
<p>24</p> <p>SCHOOL CLOSED FOR WINTER BREAK</p>	<p>25</p> <p>SCHOOL CLOSED FOR WINTER BREAK</p>	<p>26</p> <p>SCHOOL CLOSED FOR WINTER BREAK</p>	<p>27</p> <p>SCHOOL CLOSED FOR WINTER BREAK</p>	<p>28</p> <p>SCHOOL CLOSED FOR WINTER BREAK</p>
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COLD LUNCH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey Breast on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 Milk-8 oz.	4 Beef Bologna and Cheese on Whole Grain Bread-1 Black Bean & Corn Salad Cup Fresh Orange-1 Milk-8 oz.	5 Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz.	6 Beef Salami and Cheese on Wheat Bun-1 Fresh Broccoli w/ Dip Fresh Apple-1 Milk-8 oz.	7 Sliced Chicken and Cheese on Whole Grain Bread-1 Potato Salad Cup Fresh Orange-1 Milk-8 oz.
10 Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1 Milk-8 oz.	11 Turkey Ham and Swiss on a Wheat Bun-1 Fresh Broccoli w/ Dip Fresh Apple-1 / Milk-8 oz. Milk-8 oz.	12 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz.	13 1:00PM DISMISSAL Sliced Chicken and Cheese on a Whole Grain Potato Bun-1 3 Bean Salad Cup Fresh Apple-1 Milk-8 oz.	14 Turkey on Wheat Roll-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz.
17 Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 Milk-8 oz.	18 Fresh Turkey Breast on Whole Grain Bread-1 Black Bean & Corn Salad Cup Fresh Orange-1 / Milk-8 oz. Milk-8 oz.	19 Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz.	NO AFTERCARE/ACTIVITIES STAFF PD 20 Turkey Ham and Swiss on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 / Milk-8 oz. Milk-8 oz.	1:00PM DIS. NO AFTERCARE/ACTIVITIES 21 Sliced Chicken and Cheese on Whole Grain Bread-1 Potato Salad Cup Fresh Orange-1 Milk-8oz.
24 SCHOOL CLOSED FOR WINTER BREAK	25 SCHOOL CLOSED FOR WINTER BREAK	26 SCHOOL CLOSED FOR WINTER BREAK	27 SCHOOL CLOSED FOR WINTER BREAK	28 SCHOOL CLOSED FOR WINTER BREAK
31 SCHOOL CLOSED FOR WINTER BREAK	<i>January 1st 2019 Happy New Year!</i> SCHOOL CLOSED FOR WINTER BREAK		<i>*December 20th Office Site Staff Professional Development NO AFTERSCHOOL ACTIVITIES AVAILABLE FOR STUDENTS</i>	

Hoboken Charter School Menu

Breakfast full price: \$2.25

Breakfast reduced price: \$0.30

Lunch full price: \$3.75

Lunch reduced price: \$0.40

Milk only: \$0.40

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December

VEGETARIAN LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	4 TACO TUESDAY Veggie Beef Taco's w/ Shredded Cheddar Cheese-2 Black Beans-3/4 c. W/G Hard Taco Shells-2 Fresh Banana-1/Milk-8 oz.	5 Veggie Meatball Sub-1 Whole Grain Sub Roll-1 Diced Carrots-3/4 c. Fresh Pear-1 Milk-8oz.	6 Veggie Hot Dog on a Wheat Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8 oz.	7 Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Milk-8 oz.
10 Veggie Burger on a Wheat Bun-1 Vegetarian Beans-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	11 TACO TUESDAY Veggie Beef Taco's w/ Shredded Cheddar Cheese-2 Sweet Potato Fries-3/4 c. W/G Hard Taco Shells-2 Fresh Orange-1/Milk-8 oz.	12 Swedish Veggie Meatballs-3 oz. Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	13 1:00PM DISMISSAL American Cheese on a Whole Grain Potato Bun-1 Sliced Cucumber Cup-3/4 c. Fresh Apple-1 Milk-8 oz.	14 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.
17 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	18 TACO TUESDAY Veggie Beef Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G Hard Taco Shells-2 Fresh Apple-1/Milk-8 oz.	19 Veggie Chicken Patty on a Wheat Bun-1 Steamed Baby Carrots-3/4 c. Peach Applesauce Cup-1/2 c. Milk-8oz.	20 NO AFTERCARE/ACTIVITIES STAFF PD Swedish Veggie Meatballs-3oz. Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8oz.	21 1:00PM DIS. NO AFTERCARE/ACTIVITIES Cheese Pizza-1 Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Milk-8 oz.
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