

Hoboken Charter School K-8 Breakfast Menu

(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

January BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SCHOOL CLOSED HAPPY NEW YEAR!	2 WELCOME BACK! Fruit Cup-1 Strawberry Pop Tart-2 Graham Crackers-2 Juice Box-1	3 Pineapple cup-1 Whole Grain Corn Muffin-2 oz. Dino Grahams-2 Milk-8 oz.	4 Fresh Apple-1 Alpha-Bits Cereal-1 oz. Dino Grahams-2 Milk-8 oz.
7 Fresh Pear-1 Cinnamon Toasters Cereal-1 oz. WG Bread / Milk-8oz.	8 Fresh Apple-1 Honey Scooters Cereal-1oz. Graham Crackers-2 Milk-8 oz.	9 Fresh Orange-1 Whole Grain Bagel w/Cream Cheese-1 Milk-8 oz.	10 1:00PM DISMISSAL Fresh Banana—1 Fruit Loops Cereal-1 oz. Whole Grain Bread Milk-8 oz.	11 Peach Applesauce Cup-1/2 c. Whole Grain Corn Muffin-2 oz. Graham Crackers-3 Milk-8oz.
14 Fresh Apple-1 Mulgrain Cheerios-1 oz. Bear Grahams-2 Milk-8 oz.	15 Fresh Pear-1 Apple Breakfast Bar-1 Waffle Grahams-2 Milk-8 oz.	16 Fresh Orange-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.	17 Fresh Banana-1 Alpha-Bits Cereal-1 oz. Dino Grahams-2 Milk-8 oz.	18 Fresh Apple-1 Mulgrain Cheerios-1 oz. Bear Grahams-2 Milk-8 oz.
21 SCHOOL CLOSED IN HONOR OF DR. MARTIN LUTHER KING JR. DAY OF SERVICE!	22 Fruit Cup-1 W/G Apple Loaf-2 oz. Bear Grahams-2 Milk-8 oz.	23 Strawberry Applesauce Cup-1/2 c. W/G Bagel w/ Cream Cheese-1 Bear Grahams-2 Milk-8oz.	24 Fresh Apple-1 Apple Breakfast Bar-1 Waffle Grahams-2 Milk-8 oz.	25 Fresh Orange-1 W/G Banana Loaf-2 oz. Dino Grahams-2 Milk-8 oz.
28 Fresh Apple-1 Cinnamon Toaster Cereal-1oz Bear Grahams-2 Milk-8oz.	29 Fresh Orange-1 W/G Bagel w/Cream Cheese-1 Milk-8 oz.	30 Peach Applesauce Cup-1/2 c. Whole Grain Corn Muffin-2 oz. Graham Crackers-3 Milk-8oz.	31 Fresh Pear-1 W/G Frosted Flakes Cereal-1 oz. Waffle Grahams-2 Milk-8oz	1 FEBRUARY

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January

HOT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SCHOOL CLOSED HAPPY NEW YEAR!	2 Teriyaki Chicken Bites- 4 Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	3 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8 oz.	4 W/G 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
7 All Beef Hamburger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	8 TACO TUESDAY 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.	9 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Diced Peach Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.	10 1:00PM DISMISSAL	11 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.
14 Swedish Turkey Meatballs-5oz. Mashed Potatoes-3/4 c Whole Grain Dinner Roll-1 Fruit Cup-1/2 c Milk-8oz.	15 TACO TUESDAY 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.	16 Breaded Chicken Pastry on a Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz.	17 BRUNCH French Toast Slices w/ Syrup-4 Beef Sausage Links-3 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	18 W/G 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
21 SCHOOL CLOSED HAPPY NEW YEAR!	22 TACO TUESDAY 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.	23 Turkey Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	24 All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8 oz.	25 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.
28 All Beef Hamburger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	29 TACO TUESDAY Beef Nachos/Cheese Sauce5oz. Romaine Salad /Dressing-1 1/2 Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz.	30 Baked Ziti-5 oz. Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Whole Grain Italian Bread Milk-8 oz.	31 Teriyaki Chicken Bites- 4 Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	1 FEBRUARY

Hoboken Charter School K-8 Breakfast Menu

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January

COLD

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SCHOOL CLOSED FOR WINTER BREAK	2 Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz.	3 Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1/Milk-8oz.	4 Roast Beef and Provolone on Rye Bread-1 Black Bean and Corn Salad Fresh Orange-1 / Milk-8oz.
7 Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Apple-1/Milk-8oz.	8 Turkey Ham and Swiss on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Pear-1 / Milk-8 oz.	9 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Banana-1/Milk-8oz.	10 1:00PM DISMISSAL	11 Turkey on Wheat Roll-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz.
14 Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Orange-1 / Milk-8oz.	15 Fresh Turkey Breast on Whole Grain Bread-1 Grape Tomato Cup Fruit Cup-1 / Milk-8 oz.	16 Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Apple-1 Milk-8 oz.	17 Turkey Ham and Swiss on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 / Milk-8 oz.	18 Sliced Chicken and Cheese on Whole Grain Bread-1 Potato Salad Cup Fruit Cup-1
21 SCHOOL CLOSED FOR WINTER BREAK	22 Turkey Ham and Swiss on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 Milk-8 oz.	23 Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Black Bean and Corn Salad Fresh Pear-1 Milk-8 oz.	24 Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Banana-1 Milk-8 oz.	25 Sliced Chicken and Cheese on Whole Grain Bread-1 Potato Salad Cup Fresh Orange-1 Milk-8 oz.
28 Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fruit Cup-1 Milk-8 oz.	29 Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Broccoli w/ Dip Fresh Apple-1 Milk-8 oz.	30 Chicken Salad on Potato Roll-1 Cole Slaw Cup Fresh Banana-1 Milk-8 oz.	31 Turkey Breast on a Wheat Bun-1 Fresh Baby Carrots w/ Dip Fresh Apple-1 Milk-8 oz.	FEBRUARY 1

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January

VEGETARIAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SCHOOL CLOSED FOR WINTER BREAK	2 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 / Milk-8 oz.	3 Veggie Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1/Milk-8oz.	4 W/G 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
7 Veggie Burger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	8 TACO TUESDAY Veggie Beef Taco's / Shredded Cheddar Cheese-2 Black Beans-3/4 c. Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1/Milk-8 oz.	9 Swedish Veggie Meatballs-3 oz. Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	10 1:00PM DISMISSAL American Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	11 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.
14 Swedish Veggie Meatballs- Roasted Potato Medley-3/4 c Whole Grain Dinner Roll-1 Fruit Cup-1/2 c Milk-8oz.	15 TACO TUESDAY Veggie Beef Taco's / Shredded Cheddar Cheese-2 Black Beans-3/4 c. Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1/Milk-8 oz.	16 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	17 BRUNCH French Toast Slices w/ Syrup-4 Hash Brown Pastry-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Cheese Slice-1/Milk-8 oz.	18 W/G 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
21 SCHOOL CLOSED FOR MLK DAY OF SERVICE	22 TACO TUESDAY Veggie Beef Nachos/Cheese Sauce-5 oz. Romaine Salad /Dressing-1 1/2 c.. Yellow Corn Tortilla Chips-1 oz. Applesauce Cup-1/2 c. /Milk-8oz.	23 Veggie Meatball Sub-1 Green Beans-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1/Milk-8oz	24 Veggie Hot Dog on a Whole Wheat Hot Dog Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1/Milk-8oz.	25 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread / Milk-8oz.
28 Veggie Burger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	29 TACO TUESDAY Veggie Beef Taco's / Shredded Cheddar Cheese-2 Black Beans-3/4 c. Yellow Corn Tortilla Chips-1 oz. Fresh Orange-1/Milk-8 oz.	30 Baked Ziti-5 oz. Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Whole Grain Italian Bread Milk-8 oz.	31 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8oz.	FEBRUARY 1