

Hoboken Charter School K-8 Breakfast Menu

(Menu subject to change by Karson Foods)

March BREAKFAST

Breakfast full price:	\$2.25
Breakfast reduced price:	\$0.30
Lunch full price:	\$3.75
Lunch reduced price:	\$0.40
Milk only:	\$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Fresh Orange-1 W/G Banana Loaf-2 oz. Dino Grahams-2 Milk-8 oz.
4 Applesauce Cup-1/2 c. Strawberry Pop Tarts-2 Waffle Grahams-2 Milk-8oz	5 Fresh Banana-1 W/G Croissant w/ Margarine-1 Milk-8oz	6 Fresh Apple-1 Apple Breakfast Bar-1 Cinnamon Grahams-3 Milk-8oz.	7 Fresh Pear-1 W/G Corn Muffin-2 oz. Graham Crackers-3 Milk-8oz.	8 Fresh Orange-1 Multi-grain Frosted Flakes-1 oz. Dino Grahams-2 Milk 8 oz.
11 Strawberry Applesauce-1/2 c. W/G Superdonut-1 Milk-8oz	12 Fresh Banana-1 W/G Fruit Loops -1 oz. Dino Grahams-2 Milk 8 oz.	13 Fresh Pear-1 W/G Lemon Loaf-2 oz. Dino Grahams-2 Milk-8 oz.	14 1:00PM DISMISSAL Fresh Apple-1 Whole Grain Cinnamon Bread w/ Margarine-1 Milk-8 oz.	15 Fresh Banana-1 Apple Breakfast Bar-1 Cinnamon Grahams-3 Milk-8oz.
18 Peach Applesauce-1/2 c. W/G Cocoa Puffs-1oz Bear Grahams-2 Milk-8oz.	19 Fresh Pear-1 Frosted Mini Wheats-1oz. Waffle Grahams-2 Milk-8oz	20 Fresh Orange-1 Cinnamon Toasters Cereal-1 oz. Dino Grahams-2 Milk-8 oz.	21 Fresh Apple-1 Strawberry Pop Tarts-2 Waffle Grahams-2 Milk-8oz	22 Fresh Banana-1 W/G Corn Muffin-2 oz. Graham Crackers-3 Milk-8oz.
25 Applesauce Cup-1/2 c. W/G Lemon Loaf-2oz. Dino Grahams-2 Milk-8oz.	26 Fresh Pear-1 Frosted Mini Wheats-1oz. Waffle Grahams-2 Milk-8oz	27 Fresh Banana-1 Wheat Bagel w/ Cream Cheese-1 Milk-8 oz.	28 Fresh Apple-1 W/G Superdonut-1 Milk-8oz	29 Fresh Orange-1 W/G Banana Loaf-2 oz. Dino Grahams-2 Milk-8 oz.

Hoboken Charter School K-8 Breakfast Menu

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Breakfast full price:	\$2.25
Breakfast reduced price:	\$0.30
Lunch full price:	\$3.75
Lunch reduced price:	\$0.40
Milk only:	\$0.40

March

HOT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="background-color: red; color: white; padding: 5px; text-align: center;"> PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS </div>				1
				Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.
4	TACO TUESDAY 5	6	7	8
All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8 oz.	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.	Breaded Chicken Pastry on a Wheat Bun-1 Green Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	Turkey Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	W/G 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
11	TACO TUESDAY 12	13	1:00PM DISMISSAL 14	15
All Beef Hamburger on a a Wheat Bun-1 Diced Carrots-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	Beef Nachos/Cheese Sauce-5oz. Black Bean & Corn Salad Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz.	Swedish Turkey Meatballs-5oz. Mashed Potatoes-3/4 c Whole Grain Dinner Roll-1 Fruit Cup-1/2 c Milk-8oz.	Fresh Turkey Breast on Whole Grain Bread-1 Fresh Celery Sticks w/ Dip Fresh Orange-1 Milk-8 oz.	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.
18	TACO TUESDAY 19	20	BRUNCH 21	22
Turkey Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8 oz.	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.	All Beef Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8 oz.	French Toast Sticks w/ Syrup-4 Beef Sausage Links-3 Fresh Celery Sticks w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	W/G 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
25	TACO TUESDAY 26	27	28	29
Breaded Chicken Pastry on a Wheat Bun-1 Diced Carrots-3/4 c. Fresh Apple-1 Milk-8 oz.	Beef Nachos/Cheese Sauce-5oz. Black Bean & Corn Salad Yellow Corn Tortilla Chips-1 oz. Peach Applesauce Cup-1/2 c. Milk-8 oz.	Cheese Lasagna with Meat Sauce-5 oz. Romaine Salad /Dressing-1 1/2 Fresh Banana-1 Whole Grain Bread / Milk-8oz.	All Beef Hamburger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	Macaroni and Cheese-5 oz. Green Beans-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.

Hoboken Charter School K-8 Breakfast Menu

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March
COLD

Breakfast full price:	\$2.25
Breakfast reduced price:	\$0.30
Lunch full price:	\$3.75
Lunch reduced price:	\$0.40
Milk only:	\$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="background-color: red; color: white; text-align: center; padding: 5px;">PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS</p>				1
				<p>Sliced Chicken and Cheese on Whole Grain Bread-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8oz.</p>
4	5	6	7	8
<p>Beef Salami and Cheese on Wheat Bun-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz.</p>	<p>Turkey Ham and Swiss on a Wheat Bun-1 Black Bean and Corn Salad Fresh Apple-1 Milk-8 oz.</p>	<p>Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Fresh Celery Sticks w Dip Fresh Banana-1 Milk-8 oz.</p>	<p>Sliced Chicken and Cheese on a Whole Grain Potato Bun-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.</p>	<p>Roast Beef and Provolone on Rye Bread-1 Romaine Salad w/ Dressing-1 1/2 c. Fresh Orange-1 Milk-8oz.</p>
11	12	13	1:00PM DISMISSAL 14	15
<p>Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Carrot Sticks w/ Dip Fresh Pear-1 Milk-8oz.</p>	<p>Chef Salad w/ Romaine Lettuce, Cucumbers, Tomatoes, Beef Salami, Provolone Cheese and Croutons-5 oz. Fresh Apple-1 Wheat Dinner Roll / Milk -8oz.</p>	<p>Chicken Salad on Potato Roll-1 Potato Salad Cup Fresh Banana-1 Milk-8 oz.</p>	<p>Turkey Ham and Swiss on a Wheat Bun-1 Fresh Celery Sticks w/ Dip Fresh Apple-1 Milk-8 oz.</p>	<p>Sliced Chicken and Cheese on Whole Grain Bread-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8oz.</p>
18	19	20	21	22
<p>Beef Salami and Cheese on Wheat Bun-1 Grape Tomato Cup Fresh Pear-1 Milk-8 oz.</p>	<p>Fresh Turkey Breast on Whole Grain Bread-1 Black Bean and Corn Salad Fresh Orange-1 Milk-8 oz.</p>	<p>Tuna Wrap w/ Lettuce and Tomato on Wheat Tortilla-1 Potato Salad Cup Fresh Pear-1 Milk-8 oz.</p>	<p>Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Carrot Sticks w/ Dip Fresh Orange-1 Milk-8 oz.</p>	<p>Turkey on Wheat Roll-1 Black Bean and Corn Salad Fresh Banana-1 Milk-8 oz.</p>
25	26	27	28	29
<p>Chicken Salad Potato Roll-1 Fresh Baby Carrots w Dip Fresh Orange-1 Milk-8 oz.</p>	<p>Turkey Ham and Swiss on a Wheat Bun-1 Black Bean and Corn Salad Fresh Apple-1 / Milk-8 oz. Milk-8 oz.</p>	<p>Beef Bologna and Cheese on Whole Grain Bread-1 Fresh Celery Sticks w/ Dip Fresh Banana-1 Milk-8 oz.</p>	<p>Roast Beef and Provolone on Rye Bread-1 Potato Salad Cup Fresh Orange-1 Milk-8oz.</p>	<p>Chef Salad w/ Romaine Lettuce, Cucumbers, Tomatoes, Beef Salami, Provolone Cheese and Croutons-5 oz. Fresh Apple-1 Wheat Dinner Roll-1 Milk-8oz.</p>

Hoboken Charter School K-8 Breakfast Menu

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Breakfast full price:	\$2.25
Breakfast reduced price:	\$0.30
Lunch full price:	\$3.75
Lunch reduced price:	\$0.40
Milk only:	\$0.40

March

VEGETARIAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLEASE NOTE THAT ALL 1:00PM DISMISSAL DATES WILL ONLY OFFER COLD LUNCH OPTIONS				1 Macaroni and Cheese-5 oz. Broccoli Florets-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.
4 Veggie Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8oz.	5 TACO TUESDAY Veggie 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.	6 Veggie Nuggets-3 oz. Green Beans-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	7 Veggie Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8oz	8 W/G 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
11 Veggie Burger on a a Wheat Bun-1 Diced Carrots-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	12 TACO TUESDAY Veggie Beef Nachos/Cheese Sauce-5 oz. Black Bean & Corn Salad Yellow Corn Tortilla Chips-1 oz. Applesauce Cup-1/2 c. Milk-8oz.	13 Swedish Veggie Meatballs-3 oz. Roasted Potato Medley-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	14 1:00PM DISMISSAL American Cheese on a Whole Grain Potato Bun-1 Fresh Celery Sticks w/ Dip-3/4 c. Fresh Apple-1 Milk-8 oz.	15 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.
18 Veggie Meatball Sub-1 Diced Carrots-3/4 c. Fresh Banana-1 Whole Grain Sub Roll-1 Milk-8oz.	13 TACO TUESDAY Veggie 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.	20 Veggie Hot Dog on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Fresh Banana-1/Milk-8oz.	21 BREAKFAST FOR LUNCH French Toast Sticks/Syrup-4 Hash Brown Pastry-1 Fresh Celery Sticks w Dip-3/4 c. Mandarin Orange Cup-1/2 c. Cheese Stick-1/Milk-8 oz.	22 W/G 3x5 Pizza Slices-2 Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
25 Veggie Nuggets-3 oz. Diced Carrots-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	26 TACO TUESDAY Veggie Beef Nachos/Cheese Sauce-5 oz. Black Bean & Corn Salad Yellow Corn Tortilla Chips-1 oz. Applesauce Cup-1/2 c. Milk-8oz.	27 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.	28 Veggie Burger on a a Wheat Bun-1 Corn-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	29 Macaroni and Cheese-5 oz. Green Beans-3/4 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread Milk-8 oz.