

K-8 Lunch Menu

January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



HOPE COMMUNITY
CHARTER SCHOOL • CAMDEN, NJ

DID YOU KNOW.....

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat

- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

- 1% Milk
- Skim Chocolate Milk

PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Menu is subject to change.
- Vegetarian Meal Options are indicated with a "v"



HOPE COMMUNITY CHARTER SCHOOL • CAMDEN, NJ									
9	<p>Cheese Quesadilla v Mexican Corn Salad Fresh Orange</p>	10	<p>Chicken & Vegetable Dumplings Oriental Vegetables Fresh Pear</p>	11	<p>BBQ Chicken over Brown Rice Baked Beans Fresh Apple</p>	12	<p>Stuffed Cheese Sticks v Marinara Sauce 100% Sun Splash Veg Juice Fresh Banana</p>	13	<p>Cheese Pizza v Garden Salad w/ Ranch Dressing Cranberries</p>
16	<p>No School</p>	17	<p>Fajita Chicken over Brown Rice Black Beans & Tomatoes Fresh Pear</p>	18	<p>Beef Meatballs & Spaghetti w/ Tomato Sauce & Parmesan Cheese Steamed Broccoli Fresh Apple</p>	19	<p>Cheese Raviolis v w/ Tomato Sauce Green Beans Fresh Banana</p>	20	<p>French Bread Cheese Pizza v Fresh Baby Carrots Cranberries</p>
23	<p>BBQ Beef Meatballs WW Club Roll Steamed Broccoli Fresh Orange</p>	24	<p>Turkey Hot Dog on WW Bun Baked Beans Fresh Pear</p>	25	<p>Chicken Tenders Roasted Potatoes Fresh Apple</p>	26	<p>Chicken Caesar Salad w/ Romaine Lettuce Pita Bread Fresh Banana</p>	27	<p>Cheese Pizza v Fresh Baby Carrots w/ Ranch Dressing w/ Ranch Dressing Cranberries</p>
30	<p>Chicken Nuggets Baked Beans Fresh Orange</p>	31	<p>Macaroni & Cheese v Steamed Broccoli Fresh Pear</p>						