

April 2019

Hasbrouck Heights Middle/High Lunch

MSHS Price List Student Lunch: \$3.15 Reduced Lunch: \$0.40 Adult Lunch: \$3.65

A La Carte Snacks Fresh Fruit: \$0.75 Baked Chips: \$0.75 Fresh Baked Cookie: \$0.50

Beverages Milk: \$0.60 Juice Cup: \$0.55 Bottled Water - Small: \$0.65 Bottled Water - Large: \$1.25 Sparkling Juice: \$1.25 Snapple: \$1.25

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- All-Natural Beef Hot Dog on a Bun w/
- Spiral Fries
- Golden Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

2

- Brunch For Lunch**
- French Toast Sticks
 - Egg Cheese Omelet
 - Breakfast Sausage
 - Assorted Fresh or Chilled Fruit
 - Milk Variety

3

- The MAC Burger on a Bun
- Onion Rings
- Golden Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

4

- Mac & Cheese
- Soft Pretzel Stick
- Steamed Broccoli
- Assorted Fresh or Chilled Fruit
- Milk Variety

5

- Pizzeria Pizza
- Cucumber & Tomato Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

8

- Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn and Gravy
- Dinner Roll
- Assorted Fresh or Chilled Fruit
- Milk Variety

9

- Chicken and Cheese Taquitos w/ Salsa
- Steamed Rice
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

10

- WING BAR**
- BBQ or Plain Chicken Wings
 - Veggie Dippers
 - Battered French Fries
 - Assorted Fresh or Chilled Fruit

11

- Pizzeria Pizza
- Cucumber & Tomato Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

12

Half Day - No Lunch Served

15

Spring Recess - No School

16

Spring Recess - No School

17

Spring Recess - No School

18

Spring Recess - No School

19

Spring Recess - No School

22

- Chicken and Waffles w/ Maple Syrup
- Cheesy Tater Tots
- Assorted Fresh or Chilled Fruit
- Milk Variety

23

- Pasta with Meatballs with Marinara Sauce
- Garlic Breadstick
- Spring Mix Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

24

- Cheesesteak Wrap
- Oven Baked French Fries
- Sweet Pickles
- Assorted Fresh or Chilled Fruit
- Milk Variety

25

- Beef Empanadas
- Steamed Rice
- Southwestern/Fiesta Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

26

- Pizzeria Pizza
- Freshly Prepared Italian House Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

29

- Loaded Potato Wedges with Cheese
- Assorted Toppings
- Veggie Dippers
- Assorted Fresh or Chilled Fruit
- Milk Variety

30

- Baked Ziti
- Broccoli Italiano
- Garlic Bread
- Assorted Fresh or Chilled Fruit
- Milk Variety

Fast & Fresh: Chicken Caesar Salad, Chef Salad, Crispy Chicken Salad

Mediterranean Bistro: Personal Pan Pizza

Great Grillers: Hamburger on Bun, Cheeseburger on a Bun, Crispy Chicken Sandwich, Philly Cheesesteak Hero, Chicken Tenders

Deli Central: Italian Sub, Turkey & Cheese Sandwich, Turkey Wrap, Grilled Chicken Sandwich

All Meals Served All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice.

Nutrition Info 6-12 Our well-balanced lunches available for the week, average between 600-850 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Nutrition Info K-8 Our well-balanced lunches available for the week, average between 600-650 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat!

Menus are Subject to Change The nutrient information is based on the manufacturer's food labels and may be subject to change without warning. For Carbohydrate Counts for food items, please visit www.maschiofood.com for the most up to date Carbohydrate Count List of Common Foods. This list is updated on a monthly basis and as needed. Carbohydrate Counts for items are based on Nutrikids Analysis of Maschio's Recipes and may vary based on product availability. These calculations are not intended for medical use.

EOE Statement Maschio's Food Services, Inc. is an Equal Opportunity Employer.

More Details: hhschools.nutrislice.com/menu/hasbrouck-heights-middlehigh/lunch/
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