



November 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 • Heights Pizzeria Pizza • Freshly Prepared Italian House Salad
4 Meatless Monday • Mozzarella Sticks with Marinara Sauce • Sauteed Italian Green Beans	5 SINGLE SESSION DAY - NO LUNCH SERVED	6 • Heights Pizzeria Pizza • Freshly Prepared Garden Salad	7 NJEA CONFERENCE - NO SCHOOL	8 NJEA CONFERENCE - NO SCHOOL
11 • Popcorn Chicken Mashed Potato Bowl with Corn, Gravy & Cheese • Dinner Roll	12 • Teriyaki Chicken • Stir Fry Broccoli • Fortune Cookie	13 • French Toast Sticks • Breakfast Sausage • Hash Browns	14 • National Pickle Day • Rodeo Burger on a Bun with Onion Rings & BBQ Sauce • Pickle Chips • Crispy Ranch Fries	15 • Heights Pizzeria Pizza • Cucumber & Tomato Salad
18 Mac & Cheese Monday • Creamy Mac & Cheese • Soft Pretzel Stick • Broccoli Italiano	19 • Mini Chicken Tacos with Shredded Lettuce, Tomatoes, and Salsa Ranch • Sweet Plantains • Tex Mex Rice	20 Wing Wednesday • Chicken Wings with Buffalo, BBQ or Teriyaki Sauce • Veggie Dippers • Dinner Roll	21 Thanksgiving Dinner • Roast Turkey with Gravy • Mashed Potatoes • Green Beans • Stuffing • Maschio's Lemon/Cherry Frozen Sorbet	22 • Heights Pizzeria Pizza • Roasted Parmesan Broccoli
25 • All Natural Beef Hot Dog on a Bun • Spiral Fries • Corn on the Cob	26 • Heights Pizzeria Pizza • Freshly Prepared Italian House Salad	27 SINGLE SESSION DAY - NO LUNCH SERVED	28	29 NO SCHOOL



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

Mediterranean Bistro: Personal Pan Pizza

Great Grillers: 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, Assorted Fresh or Chilled 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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