

December 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

2

Meatless Monday

- Italian Sampler with Breaded Ravioli, Mozzarella Sticks with Marinara Sauce
- Italian Green Beans

TUESDAY

3

New Menu Item

- Top Your Own!
- Hot Dog Sliders
- BBQ Baked Beans
- Country Slaw

WEDNESDAY

4

- Scoop A Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes and Salsa
- Southwestern/Fiesta Corn
- Fiesta Rice & Beans


THURSDAY

5

- The MAC Burger on a Bun
- Oven Baked French Fries

FRIDAY

6

- Height's Pizzeria Pizza 
- Freshly Prepared Spring Mix Salad

9

New Recipe Item

- Crispy Chicken Sandwich on a Biscuit with Pepper Jack Cheese
- Sweet Potato Waffle Fries

10

Breakfast For Lunch

- French Toast Sticks
- Breakfast Sausages
- Tater Tots


11

- Meatball Parm Hero
- Cucumber & Tomato Salad

12

- Grilled Cheese Sandwich with Bacon
- Tomato Soup

13

- Height's Pizzeria Pizza 
- Freshly Prepared Caesar Salad

16

- Popcorn Chicken Mashed Potato Bowl with Corn, Gravy & Cheese


17

- Beef Nacho Platter with Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa
- Fiesta Rice & Beans

18

- Wing Wednesday  Chicken Wings with Buffalo, BBQ or Teriyaki Sauce
- Veggie Dippers
- Dinner Roll

19

- Height's Pizzeria Pizza 
- Freshly Prepared Garden Salad

20

Half Day - No Lunch Served

23

Holiday Recess - No School

24

Holiday Recess - No School

25

Holiday Recess - No School

26

Holiday Recess - No School

27

Holiday Recess - No School

30

Holiday Recess - No School

31

Holiday Recess - 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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