

December 2018

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

Hasbrouck Heights Middle/High Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<ul style="list-style-type: none"> Chicken Parm Sandwich Side of Pasta Alfredo Dinner Roll Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Grilled Cheese Sandwich Tomato Soup Tater Tots Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Philly Cheesesteak Hero with Potatoes, Peppers & Onions Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Scoop A Bowl Taco Meat Cheddar Cheese, Lettuce, Tomato Refried Beans Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Pizzeria Pizza Freshly Prepared Italian House Salad Assorted Fresh or Chilled Fruit Milk Variety
10	11	12	13	14
<ul style="list-style-type: none"> Breaded Ravioli with Marinara Sauce Twisted Cheese Breadstick Veggie Dippers Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> NY Style Breakfast Sandwich with Breakfast Sausage Egg Patty American Cheese topped with Hash Brown Rounds Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Mac & Cheese Pretzel Stick Green Beans Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> All-Natural Beef Hot Dog on a Bun w/ Oven Baked French Fries Carrots Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Pizzeria Pizza Cucumber & Tomato Salad Assorted Fresh or Chilled Fruit Milk Variety
17	18	19	20	21
<ul style="list-style-type: none"> Spicy or Plain Chicken Nugget Basket Warm Breadstick Emoji Fries Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Pasta with Meatballs with Marinara Sauce Garlic Breadstick Spring Mix Salad Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Bacon Cheeseburger on a Bun Tater Tots Soft Pretzel Stick Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Pizzeria Pizza Cucumber & Tomato Salad Assorted Fresh or Chilled Fruit Milk Variety 	Half Day - No Lunch Served
24	25	26	27	28
Holiday Break - No School	Holiday Break - No School	Holiday Break - No School	Holiday Break - No School	Holiday Break - No School
31				
Holiday Break - No School				

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!

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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