

# January 2019

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
	<b>1</b> Holiday Break - No School	<b>2</b> <ul style="list-style-type: none"> <li>Spicy or Plain Chicken Nugget Basket</li> <li>Warm Breadstick</li> <li>Emoji Fries</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Bacon Cheeseburger on a Bun</li> <li>Oven Baked Fries</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Pizzeria Pizza</li> <li>Freshly Prepared Italian House Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>
<b>7</b> <ul style="list-style-type: none"> <li>All-Natural Beef Hot Dog on a Bun w/</li> <li>Oven Baked French Fries</li> <li>Golden Corn</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>Pasta with Meatballs</li> <li>Garlic Bread</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Crispy Chicken Bacon &amp; Ranch Sandwich</li> <li>Oven Baked French Fries</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Mac &amp; Cheese or</li> <li>Buffalo Chicken Mac &amp; Cheese</li> <li>Pretzel Stick</li> <li>Broccoli</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Pizzeria Pizza</li> <li>Cucumber &amp; Tomato Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>
<b>14</b> <ul style="list-style-type: none"> <li>Chicken Parm Platter</li> <li>Side of Breaded Ravioli</li> <li>Garlic Breadstick</li> <li>Sauteed Vegetables</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>3 Cheese Bacon Grilled Cheese</li> <li>Tomato Soup</li> <li>Tator Tots</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>NY Style Breakfast Sandwich with Breakfast Sausage Egg</li> <li>Patty American Cheese topped with Hash Brown Rounds</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Scoop A Bowl with Taco Meat , Shredded Cheddar Cheese , Lettuce &amp; Tomatoes , and Salsa</li> <li>Steamed Rice</li> <li>Steamed Corn</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Pizzeria Pizza</li> <li>Cucumber &amp; Tomato Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>
<b>21</b> No School	<b>22</b> <ul style="list-style-type: none"> <li>Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn and Gravy</li> <li>Dinner Roll</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>Mozzarella Sticks with Marinara Sauce</li> <li>Steamed Broccoli</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>Chicken Fajita Scoop-a-Bowl</li> <li>Cheddar Cheese, Lettuce &amp; Tomato</li> <li>Steamed Fiesta Rice</li> <li>Steamed Corn</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>Pizzeria Pizza</li> <li>Freshly Prepared Italian House Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>
<b>28</b> <ul style="list-style-type: none"> <li>Bacon &amp; Cheese Pretzel Melt</li> <li>Sweet Potato Tater Tots</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>Pulled Pork on a Bun</li> <li>Oven Baked French Fries</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Turkey Feast</li> <li>Oven Roasted Turkey with Gravy</li> <li>Mashed Potatoes</li> <li>Green Beans</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>Breakfast for Lunch</li> <li>Pancakes</li> <li>Breakfast Sausages</li> <li>Hash Browns</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	

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**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](http://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.

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More Details: [hhschools.nutrislice.com/menu/hasbrouck-heights-middlehigh/lunch/](http://hhschools.nutrislice.com/menu/hasbrouck-heights-middlehigh/lunch/)  
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