

November 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

1

- NY Style Breakfast Sandwich with Breakfast Sausage Egg Patty American Cheese topped with Hash Brown Rounds
- Assorted Fresh or Chilled Fruit
- Milk Variety

2

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

5

- Rodeo Chicken Sandwich with BBQ Sauce & Onion Rings
- Oven Baked Sweet Potato Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

6

No School

7

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

8

NJEA Convention - No School

9

NJEA Convention - No School

12

- Crispy Chicken Club
- Oven Baked French Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

13

- Mini Maple Waffles
- Egg Cheese Omelet
- Breakfast Sausage
- Assorted Fresh or Chilled Fruit
- Milk Variety

14

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

15

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

16

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

19

- Thanksgiving Bowl with Roast Turkey, Gravy, Mashed Potatoes, Corn, & Cranberry Sauce
- Pumpkin Swirl Roll
- Assorted Fresh or Chilled Fruit
- Milk Variety

20

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

21

Half Day - No Lunch Served

22

Thanksgiving - No School

23

No School

26

- Oven Baked Chicken Wings
- Seasoned Potato Wedges
- Golden Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

27

- Triple Tacos with Taco Meat , Shredded Cheddar Cheese , Lettuce & Tomatoes , and Salsa
- Steamed Rice
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

28

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

29

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

30

- Pizzeria Pizza
- Freshly Prepared Italian House Salad
- 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!

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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