

October 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	2	3	4	5
<ul style="list-style-type: none"> • Chicken Fries • Biscuit • Mashed Potatoes And Gravy • Assorted Fresh or Chilled Fruit • Milk Variety 	<ul style="list-style-type: none"> • New Item • Sausage and Cheese Croissant • Hash Brown Rounds • Assorted Fresh or Chilled Fruit • Milk Variety 	<ul style="list-style-type: none"> • The MAC Burger on a Bun • Oven Baked French Fries • Assorted Fresh or Chilled Fruit • Milk Variety 	<ul style="list-style-type: none"> • Bacon, Egg, & Cheese on a Kaiser Roll • Tater Tots • Assorted Fresh or Chilled Fruit • Milk Variety 	<ul style="list-style-type: none"> • Pizzeria Pizza • Freshly Prepared Caesar Salad • Assorted Fresh or Chilled Fruit • Milk Variety
8	9	10	11	12
<ul style="list-style-type: none"> • No School 	<ul style="list-style-type: none"> • Chicken Bites • Oven Baked Sweet Potato Fries • Assorted Fresh or Chilled Fruit • Milk Variety 	<ul style="list-style-type: none"> • Meatball Parmesan Hero • Battered French Fries • Assorted Fresh or Chilled Fruit • Milk Variety 	<ul style="list-style-type: none"> • Steak, Egg & Cheese on a Kaiser Roll • Hash Browns • 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
15	16	17	18	19
<ul style="list-style-type: none"> • Grilled Chicken Club • Oven Baked French Fries • Assorted Fresh or Chilled Fruit • Milk Variety 	<ul style="list-style-type: none"> • French Toast Sticks • Egg Cheese Omelet • Breakfast Sausage • Assorted Fresh or Chilled Fruit • Milk Variety 	<ul style="list-style-type: none"> • The MAC Burger on a Bun • Onion Rings • 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 • Golden Corn • 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
22	23	24	25	26
<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"> • 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"> • Pasta with Meatballs with Marinara Sauce • Garlic Breadstick • Spring Mix Salad • Assorted Fresh or Chilled Fruit • Milk Variety 	<ul style="list-style-type: none"> • Triple Tacos with Taco Meat , Shredded Cheddar Cheese , Lettuce & Tomatoes , and Salsa • Steamed Rice • Steamed Corn • 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
29	30	31		
<ul style="list-style-type: none"> • Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn and Gravy • Dinner Roll • Assorted Fresh or Chilled Fruit • Milk Variety 	<ul style="list-style-type: none"> • Rodeo Chicken Sandwich with BBQ Sauce & Onion Rings • Oven Baked Sweet Potato Fries • Assorted Fresh or Chilled Fruit • Milk Variety 	<ul style="list-style-type: none"> • Bacon Cheddar Cheeseburger • Tater Tots • Soft Pretzel Stick • 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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