



February 2020

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
SUPER BOWL MONDAY Chicken Wings with Assorted Sauces • Celery Sticks • Baby Carrots	Breakfast for Lunch • Egg, Sausage and Cheese on a Waffle • Hash Browns	• Creamy Mac & Cheese or Buffalo Chicken Mac & Cheese • Mini Cornbread Loaf • Sautéed Broccoli	• All Natural Beef Hot Dog on a Bun with Assorted Toppings • Spiral Fries • Country Slaw	• Height's Pizzeria Pizza • Freshly Prepared Caesar Salad
10	11	12	13	14
• Crispy Chicken BLT Sandwich • Oven Baked French Fries	• French Toast Sticks • Breakfast Sausages • Tater Tots	• Bacon Cheddar Cheeseburger on a Bun • Seasoned French Fries	• Italian Sampler with Pizza Sticks and Breaded Ravioli • Broccoli Italiano	• Height's Pizzeria Pizza • Freshly Prepared Caesar Salad
17	18	19	20	21
Presidents Day - No School	Winter Recess - No School	Winter Recess - No School	Winter Recess - No School	Winter Recess - No School
24	25	26	27	28
• Popcorn Chicken Mashed Potato Bowl with Corn, Gravy & Cheese	Breakfast for Lunch • NY Style Breakfast Sandwich • Breakfast Sausages • Maple Cinnamon Sweet Potato Fries	• Tot-chos with Tater Tots, Taco Meat, Queso, Peppers, and Scallions	Pasta Bar with Choice of: Pasta with Meatballs , or Pasta with Alfredo Sauce • Warm Breadstick • Freshly Prepared Caesar Salad	• Height's Pizzeria Pizza • Freshly Prepared Caesar Salad

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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