

February 2019

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

1

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

4

- Pepperoni Pinwheel Stromboli
- Broccoli Italiano
- Garden Green Salad
- Assorted Fresh or Chilled Fruit
- Milk Variety

5

- Teriyaki Chicken over Steamed Rice
- Steamed Broccoli
- Fortune Cookie
- Assorted Fresh or Chilled Fruit
- Milk Variety

6

- Cheesesteak Wrap
- Potato Wedges
- Assorted Fresh or Chilled Fruit
- Milk Variety

7

- Mac & Cheese or Buffalo Chicken Mac & Cheese
- Pretzel Stick
- Sauteed Green Beans
- Assorted Fresh or Chilled Fruit
- Milk Variety

8

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

11

- Brunch For Lunch
- Bacon, Egg, & Cheese Sandwich With
- Hash Browns
- Assorted Fresh or Chilled Fruit
- Milk Variety

12

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

13

- French Dip & Roast Beef Sandwich
- Mashed Potatoes
- Sauteed Broccoli
- Assorted Fresh or Chilled Fruit
- Milk Variety

14

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

15

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

18

Presidents Day - No School

19

Winter Recess

20

Winter Recess

21

Winter Recess

22

Winter Recess

25

- Rodeo Burger on a Bun with Onion Rings & BBQ Sauce
- Creamy Coleslaw
- Assorted Fresh or Chilled Fruit
- Milk Variety

26

- Meatball Parmesan Hero
- Battered French Fries
- Mixed Vegetables
- Assorted Fresh or Chilled Fruit
- Milk Variety

27

- Chef To School WING DAY! Assorted Chicken Wings with Veggie Dippers
- Battered French Fries
- Assorted Fresh or Chilled Fruit

28

- Brunch For Lunch
- French Toast Sticks
- Egg Cheese Omelet
- Breakfast Sausage
- 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/
Layout, design & code © Nutrislice, Inc. Private and non-commercial uses permitted.
This Institution is an equal opportunity provider.