



DECEMBER

December 2021

Hasbrouck Heights Middle/High

Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MSHS Price List
 • Student Lunch: \$0.00

1



- Crispy Chicken Sandwich
 - Mixed Vegetables
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Muffin Bag Meal
 - Hummus Bento Box

2



- Italian Sub or Hoagie
 - Baby Carrots
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Bagel Bag & Yogurt Meal
 - Cheese and Fruit Platter

3



- Grilled Chicken Caesar Wrap
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Cereal Bag w/ Yogurt
 - Hummus Bento Box

6



- Chicken Nuggets
 - Cucumber Coins
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Cereal Bag w/ Yogurt
 - Hummus Bento Box

7



- Turkey and Cheese Hero
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Bagel Bag & Yogurt Meal
 - Cheese and Fruit Platter

8



- Grilled Cheese Sandwich
 - Mixed Vegetables
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Muffin Bag Meal
 - Hummus Bento Box

9



- Italian Sub or Hoagie
 - Baby Carrots
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Bagel Bag & Yogurt Meal
 - Cheese and Fruit Platter

10



- Twisted Cheesy Breadsticks with Marinara Sauce
 - Fresh Apple
 - Mixed Vegetables
 - Milk Variety
- Daily Swap Outs**
- Cereal Bag w/ Yogurt
 - Hummus Bento Box

13



- Chicken Tenders
 - Oven Baked French Fries
 - Fresh Veggie Dippers
 - Milk Variety
- Daily Swap Outs**
- Cereal Bag w/ Yogurt
 - Hummus Bento Box

14



- Turkey and Cheese Hero
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Bagel Bag & Yogurt Meal
 - Cheese and Fruit Platter

15



- All Natural Beef Hot Dog on a Bun
 - Celery Sticks
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Muffin Bag Meal
 - Hummus Bento Box

16



- Italian Sub or Hoagie
 - Baby Carrots
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Bagel Bag & Yogurt Meal
 - Cheese and Fruit Platter

17



- Pizza Bagels
 - Cucumber Tomato Salad
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Cereal Bag w/ Yogurt
 - Hummus Bento Box

20



- Cheeseburger on a Bun
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Cereal Bag w/ Yogurt
 - Hummus Bento Box

21



- Chicken Tenders
 - French Fries
 - Milk Variety
- Daily Swap Outs**
- Bagel Bag & Yogurt Meal
 - Cheese and Fruit Platter

22



- Pizza Bagels
 - Cucumber Tomato Salad
 - Assorted Fresh or Chilled Fruit
 - Milk Variety
- Daily Swap Outs**
- Muffin Bag Meal
 - Hummus Bento Box

23



Half Day - No Lunch Served

24



Holiday Break

27



WINTER BREAK

Winter Break

28



WINTER BREAK

Winter Break

29



WINTER BREAK

Winter Break

30



WINTER BREAK

Winter Break

31



WINTER BREAK

Winter Break

*Menu is Subject to Change

Lunch Served with Choice of: Fresh Fruit, Assorted Chilled Fruit, 1% White Milk, Fat Free Chocolate Milk

Pre-K Lunch Served with Choice of: Assorted Chilled Fruit, Fresh Fruit, 1% White Milk, Fat Free White Milk

Nutrition Info 9-12. Our well-balanced lunches available for the week, average between 750-850 calories, with less than 10% of total calories from saturated fat and 0 grams of trans fat. Menus are Subject to Change. Please note Maschio's Nutrislice carbohydrate counts are calculated using an average of our most used products. Maschio's Food Services nutrient information is based on the most updated manufacturer's food labels available and may be subject to change without warning. For Carbohydrates 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.



QUESTIONS OR COMMENTS?
Please call us at (973) 598-0005 to speak to one of Maschio's registered dietitians.

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Healthy meals grow
healthy kids!

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