

# January 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
		<b>1</b> New Year's Day - No School	<b>2</b> • All Natural Beef Hot Dog on a Bun • Assorted Toppings • Oven Baked French Fries • Steamed Corn	<b>3</b> • Height's Pizzeria Pizza • Freshly Prepared Caesar Salad
<b>6</b> • Spicy or Plain Chicken Tender Basket with Soft Pretzel Stick • Oven Baked French Fries	<b>7</b> • Breakfast Pizza • Tater Tots	<b>8</b> • Italian Sampler with Breaded Ravioli, Mozzarella Sticks	<b>9</b> • Grilled Cheese Sandwich with Bacon • Tomato Soup	<b>10</b> • Height's Pizzeria Pizza • Freshly Prepared Caesar Salad
<b>13</b> • Country Chicken & Stuffing Bowl • Mashed Potatoes • Roasted Corn	<b>14</b> • Chicken and Waffle Sandwich • Spiral Fries	<b>15</b> • Twisted Cheesy Breadsticks with Marinara Sauce • Broccoli Italiano	<b>16</b> Quarterly Exams - Single Session Day - No Lunch Served	<b>17</b> Quarterly Exams - Single Session Day - No Lunch Served
<b>20</b> No School	<b>21</b> Quarterly Exams - Single Session Day - No Lunch Served	<b>22</b> Quarterly Exams - Single Session Day - No Lunch Served	<b>23</b> • Egg, Cheese, & Sausage Sandwich • Tater Tots	<b>24</b> • Height's Pizzeria Pizza • Freshly Prepared Caesar Salad
<b>27</b> • Tot-chos with Tater Tots, Taco Meat, Queso, Peppers, and Scallions	<b>28</b> • French Toast Sticks • Breakfast Sausages • Hash Browns	<b>29</b> Pasta Bar with Choice of: Pasta with Meatballs or Pasta with Alfredo Sauce • Garlic Breadstick • Freshly Prepared Italian House Salad	<b>30</b> • The MAC Burger on a Bun • Onion Rings • Black Bean and Corn Salad	<b>31</b> • Height's Pizzeria Pizza • Freshly Prepared Garden 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](http://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/](http://hhschools.nutrislice.com/menu/hasbrouck-heights-middlehigh/lunch/)

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