



January 2025

Hasbrouck Heights Middle/High  
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p><i>MSHS Price List</i></p> <ul style="list-style-type: none"> <li>• Student Lunch: \$4.25</li> </ul>	<p><i>Mediterranean Bistro:</i></p> <ul style="list-style-type: none"> <li>• Personal Cheese Pizza</li> </ul>		<ul style="list-style-type: none"> <li>• Chicken Fajitas</li> <li>• Vegetable Fried Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Meatball Parm Hero</li> <li>• Steamed Broccoli</li> </ul>
6	7	8	9	10
<ul style="list-style-type: none"> <li>• Buffalo Chicken Mac and Cheese OR</li> <li>• Creamy Mac and Cheese</li> <li>• Cornbread Poppers</li> <li>• Roasted Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Taco Scoop-a-Bowl</li> <li>• Steamed Corn</li> </ul>	<ul style="list-style-type: none"> <li>• Pancakes</li> <li>• Breakfast Sausages</li> <li>• Crunchy Hash Browns</li> </ul>	<ul style="list-style-type: none"> <li>• Cheesy Baked Ziti</li> <li>• Garlic Parmesan Dinner Roll</li> <li>• Roasted Parmesan Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• Cheesesteak Tot-Chos</li> <li>• Pretzel Nuggets</li> </ul>
13	14	15	16	17
<ul style="list-style-type: none"> <li>• Caribbean Jerk Chicken Wings OR</li> <li>• BBQ Chicken Wings</li> <li>• Dinner Roll</li> <li>• Curly Battered Fries</li> </ul>	<ul style="list-style-type: none"> <li>• Seasoned Beef OR</li> <li>• Savory Chicken</li> <li>Choice of: <ul style="list-style-type: none"> <li>• Soft Tortillas</li> <li>• Black Bean and Corn Salad</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Ham, Egg &amp; Cheese on Bagel</li> <li>• Crunchy Tater Tots</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon Chipotle Grilled Cheese Sandwich</li> <li>• Basil Tomato Soup</li> <li>• Cucumber Coins with Fat Free Buttermilk Ranch</li> </ul>	<ul style="list-style-type: none"> <li>• General Tso's Chicken or</li> <li>• Teriyaki Popcorn Chicken</li> <li>• Vegetable Fried Rice</li> </ul>
20	21	22	23	24
	<ul style="list-style-type: none"> <li>• Bacon Cheddar Burger on a Bun</li> <li>• BBQ Baked Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Nashville Hot Chicken Sandwich</li> <li>• Seasoned Sweet Potato Waffle Fries</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Manicotti Marinara</li> <li>• Roasted Parmesan Broccoli</li> <li>• Seasoned Garlic Breadstick</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken Flatbread</li> <li>• Fire Roasted Corn</li> </ul>
27	28	29	30	31
<ul style="list-style-type: none"> <li>• Buffalo Chicken Mac and Cheese OR</li> <li>• Creamy Mac and Cheese</li> <li>• Herbed Breadstick</li> <li>• BBQ Baked Beans</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Ham, Egg &amp; Cheese on an English Muffin</li> <li>• Crunchy Tater Tots</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Teriyaki Noodle Bowl</li> <li>• Stir Fry Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Cheesesteak Quesadilla</li> <li>• Fresh Pepper Dippers</li> <li>• Garlic Herb Seasoned Fries</li> </ul>	<ul style="list-style-type: none"> <li>• Cajun Crispy Chicken Po' Boy Sandwich</li> <li>• Red Beans and Rice</li> <li>• Fire Roasted Corn</li> </ul>

Lunch Served with Choice of: Fresh Fruit , Assorted Chilled Fruit , 100% Fruit Juice , Variety of Vegetables from our Harvest Market , 1% White Milk , Fat Free Chocolate Milk , Fat Free White Milk

\*Menu is Subject to Change

MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER

**QUESTIONS OR COMMENTS?**  
Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

**FOLLOW US:**  
@MASCHIOFOOD

Healthy meals grow  
*healthy kids!*

Great Grillers: Juicy Cheeseburger on a Bun , Philly Cheesesteak Hoagie