

March 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

2

- Spicy or Plain Chicken Tender Basket with Soft Pretzel Stick
- Baby Carrots

TUESDAY

3

- Pasta with Meatballs
- Broccoli Italiano
- Garlic Bread

WEDNESDAY

4

- Crispy Chicken and Waffles
- Tater Tots

THURSDAY

5

- The **MAC Burger on a Bun**
- Spiral Fries
- Black Bean and Corn Salad

FRIDAY

6

- Height's Pizzeria Pizza 
- Freshly Prepared Caesar Salad

9

- Popcorn Chicken Mashed Potato Bowl with Corn, Gravy & Cheese
- Mini Cornbread Loaf

10

- Scoop A Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes and Salsa
- Steamed Rice
- Sweet Plantains

11

- **Breakfast for Lunch**
- Mini Maple Pancakes
- Breakfast Sausages
- Hash Browns

12

- Three Cheese Grilled Cheese on Ciabatta
- Tomato Soup
- Fresh Veggie Dippers

13

- Height's Pizzeria Pizza 
- Freshly Prepared Caesar Salad

16

- Hot Dog Bar
- All Natural Beef Hot Dog on a Bun with Assorted Toppings
- BBQ Baked Beans
- Country Slaw

17

- St. Patrick's Day
- Corned Beef and Cabbage
- Red Skin Potato Wedges

18

- **Breakfast for Lunch**
- French Toast Sticks
- Hash Browns
- Breakfast Sausages

19

- Meatball Parm Hero
- Side of Pasta
- Garlic Breadstick

20

- Height's Pizzeria Pizza 
- Freshly Prepared Caesar Salad
- Spring 100% Juice Sorbet

23

- Mozzarella Sticks and Chicken Tenders Sampler
- Seasoned French Fries

24

- Creamy Mac & Cheese
- Mini Cornbread Loaf
- Sauteed Broccoli

25

- **Wing Wednesday!**
- Plain, BBQ or Buffalo Wings
- Dinner Roll
- Veggie Dippers

26

- Mini Chicken Tacos with Shredded Lettuce, Tomatoes, and Salsa Ranch
- Sweet Plantains
- Fiesta Rice & Beans

27

- Height's Pizzeria Pizza 
- Freshly Prepared Caesar Salad

30

- Buffalo Cheese Crunchers
- Soft Pretzel Stick
- Tater Tots
- Baby Carrots
- Celery Sticks

31

- Rodeo Burger on a Bun with Onion Rings & BBQ Sauce
- Steamed Corn

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 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 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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