

May 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

- The MAC Burger on a Bun
- Onion Rings
- Assorted Fresh or Chilled Fruit
- Milk Variety

2

- Breakfast for Lunch
- French Toast Sticks
- Tater Tots
- Breakfast Sausages
- Assorted Fresh or Chilled Fruit
- Milk Variety

3

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

6

- Spicy or Plain Chicken Nugget Basket
- Warm Breadstick
- Emoji Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

7

- Chicken and Cheese Taquitos w/ Salsa
- Steamed Rice
- Steamed Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

8

- All Natural Beef Hot Dog on a Bun Assorted Toppings
- Corn on the Cob
- Assorted Fresh or Chilled Fruit
- Milk Variety

9

- Loaded Grilled Cheese with Pretzel Sticks
- Tater Tots
- Assorted Fresh or Chilled Fruit
- Milk Variety

10

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

13

- Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn and Gravy
- Dinner Roll
- Assorted Fresh or Chilled Fruit
- Milk Variety

14

- Breakfast for Lunch
- Confetti Pancakes
- Breakfast Sausages
- Hash Browns
- Assorted Fresh or Chilled Fruit
- Milk Variety

15

- Baked Mac & Cheese
- Steamed Broccoli
- Soft Pretzel Stick
- Assorted Fresh or Chilled Fruit
- Milk Variety

16

- Italian Sampler Platter
- Breaded Ravioli
- Mozzarella Sticks
- Assorted Fresh or Chilled Fruit
- Milk Variety

17

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

20

- Rodeo Chicken Sandwich with BBQ Sauce & Onion Rings
- Oven Baked Sweet Potato Fries
- Assorted Fresh or Chilled Fruit
- Milk Variety

21

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

22

- Breakfast For Lunch Bacon Egg, & Cheese Sandwich
- Tater Tots
- Assorted Fresh or Chilled Fruit
- Milk Variety

23

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

24

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

27

Memorial Day - No School

28

- Crispy Chicken BLT Sandwich
- Spiral Fries
- Corn on the Cob
- Assorted Fresh or Chilled Fruit
- Milk Variety

29

- The MAC Burger on a Bun
- Onion Rings
- Assorted Fresh or Chilled Fruit
- Milk Variety

30

- Beef Empanadas
- Steamed Rice
- Southwestern/Fiesta Corn
- Assorted Fresh or Chilled Fruit
- Milk Variety

31

- Pizzeria Pizza
- Cucumber & Tomato Salad
- 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!

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!

More Details: hhschools.nutrislice.com/menu/hasbrouck-heights-middlehigh/lunch/
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