

March 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
				<ul style="list-style-type: none"> Pepperoni Pinwheel Freshly Prepared Italian House Salad Assorted Fresh or Chilled Fruit Milk Variety
4	5	6	7	8
<ul style="list-style-type: none"> Chicken and Waffles w/ Maple Syrup Hash Brown Rounds Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn and Gravy Dinner Roll Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Pasta with Meatballs with Marinara Sauce Garlic Breadstick Spring Mix Salad Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Chicken and Cheese Taquitos w/ Salsa Steamed Rice Steamed Corn Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Pizzeria Pizza Cucumber & Tomato Salad Assorted Fresh or Chilled Fruit Milk Variety
11	12	13	14	15
<ul style="list-style-type: none"> Spicy or Plain Chicken Nugget Basket Warm Breadstick Emoji Fries Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Bacon Cheeseburger/ Cheddar Burger on a Bun Tater Tots Soft Pretzel Stick Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Triple Tacos with Taco Meat , Shredded Cheddar Cheese , Lettuce & Tomatoes , and Salsa Steamed Rice Steamed Corn Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> NY Style Breakfast Sandwich with Breakfast Sausage Egg Patty American Cheese topped with Hash Brown Rounds Assorted Fresh or Chilled Fruit Milk Variety 	Italian Sampler
				<ul style="list-style-type: none"> Mozzarella Sticks w/ Marinara Sauce Breaded Ravioli Cucumber & Tomato Salad Assorted Fresh or Chilled Fruit Milk Variety
18	19	20	21	22
<ul style="list-style-type: none"> Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn and Gravy Dinner Roll Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Baked Mac & Cheese Pretzel Sticks Broccoli Italiano Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> All-Natural Beef Hot Dog on a Bun ^w/^ Choice Of toppings Oven Baked French Fries Golden Corn Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Chicken & Waffles Hash Brown Rounds Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Pizzeria Pizza Freshly Prepared Italian House Salad Assorted Fresh or Chilled Fruit Milk Variety
25	26	27	28	29
<ul style="list-style-type: none"> Loaded Grilled Cheese with Tomato Soup Tater Tots Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Baked Ziti Broccoli Italiano Garlic Breadstick Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Chicken Teriyaki w/ Vegetable Fried Rice Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Beef Burrito Bowl w/ Brown Rice & Beans Southwestern/Fiesta Corn Salsa Assorted Fresh or Chilled Fruit Milk Variety 	<ul style="list-style-type: none"> Pizzeria Pizza Freshly Prepared Italian House 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!

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 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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