



November 2022

Hasbrouck Heights Middle/High Lunch

MONDAY

MSHS Price List

• Student Lunch: \$3.75

TUESDAY

1



- Beef Taco Scoop-A-Bowl (427 Cal)
- Fiesta Corn (81 Cal)
- Cinnamon Churro (140 Cal)

WEDNESDAY

2



- Eggoji Waffles (180 Cal)
- Breakfast Sausages (100 Cal)
- Hash Browns (110 Cal)

THURSDAY

3



- All Natural Beef Hot Dog on a Bun (280 Cal) with Assorted Toppings
- Crinkle Cut French Fries (173 Cal)

FRIDAY

4



- Pizza Crunchers (420 Cal)
- Maschio's House Salad (41 Cal)

7



- Crispy Chicken, Bacon, Ranch Sandwich
- Crinkle Cut French Fries (173 Cal)

8



Election Day

9



- Wing Wednesday!**
- Chicken Wings (255 Cal) With Assorted Sauces
 - Fresh Veggie Dippers (17 Cal)
 - Dinner Roll (101 Cal)

10

No School

11

No School

14



- Chicken Tenders (240 Cal)
- Dinner Roll (70 Cal)
- Crinkle Cut French Fries (173 Cal)

15



- Pasta with Meatballs (343 Cal)
- Or
- Pasta Alfredo (1121 Cal)
- Garlic Breadstick (112 Cal)
- Roasted Parmesan Broccoli (71 Cal)

16



- Sausage, Egg and Cheese on a Bagel (370 Cal)
- Tater Tots (110 Cal)

17



- Roast Turkey with Gravy (95 Cal)
- Mini Cornbread Loaf (180 Cal)
- Mashed Potatoes (73 Cal)

18



- Twisted Cheesy Breadsticks with Marinara Sauce (165 Cal)
- Freshly Prepared Cucumber & Tomato Salad (139 Cal)

21



- Creamy Mac & Cheese (310 Cal)
- Or
- Buffalo Chicken Mac & Cheese (361 Cal)
- Soft Pretzel Stick (70 Cal)
- Maple Cinnamon Carrots (43 Cal)

22



- Chicken Fries (320 Cal)
- Soft Pretzel Stick (70 Cal)
- Crinkle Cut French Fries (173 Cal)

23



Half Day - No Lunch Served

24



Thanksgiving

25

Thanksgiving Break

28



- Chicken Nugget Basket (415 Cal)
- Cinnamon Churro (140 Cal)
- Crinkle Cut French Fries

29



- All Natural Beef Hot Dog on a Bun (280 Cal) with Assorted Toppings
- Crinkle Cut French Fries (173 Cal)

30

- Loaded Tot-Chos (428 Cal)
- Queso Blanco (480 Cal) Assorted Toppings

Fast & Fresh:

- Hummus Platter (481 Cal)
 - Chicken Caesar Salad (150 Cal)
 - Crispy Chicken Salad (223 Cal)
- Mediterranean Bistro:**
- Personal Pizza (315 Cal)