

# October 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**

- Sausage, Egg, & Cheese on a Croissant Bun
- Hash Browns

**2**

- Pasta with Meatballs
- Garlic Breadstick
- Broccoli Italiano

**3**

- Taco Day! 🌮
- Triple Beef Tacos with Shredded Cheddar Cheese, Lettuce, Tomatoes, and Salsa
- Served with Salsa
- Steamed Rice
- Steamed Corn

**4**

- Height's Pizzeria Pizza 🍕
- Freshly Prepared Caesar Salad

**7**

- Chicken and Cheese Quesadilla with Salsa
- Seasoned Rice & Beans
- Southwestern/Fiesta Corn

**8**

- The MAC Burger on a Bun
- Spiral Fries

**9**

- Creamy Mac & Cheese
- Soft Pretzel Stick
- Sauteed Broccoli

**10**

- All-Natural Beef Hot Dog on a Bun
- Spiral Fries

**11**

- Height's Pizzeria Pizza 🍕
- Freshly Prepared Caesar Salad

**14**

SINGLE SESSION DAY - NO LUNCH SERVED

**15**

- Chicken Tender Basket with Fries & Pretzel Stick
- Local Cucumber Coins

**16**

- Breakfast For Lunch
- Bacon, Egg & Cheese Sandwich
  - Hash Browns

**17**

- 🌸 New Item
- Tot-chos with Tater Tots, Taco Meat, Queso, Peppers, and Scallions
- Warm Soft Pretzel Sticks

**18**

- Height's Pizzeria Pizza 🍕
- Freshly Prepared Spring Mix Salad

**21**

- Crispy Chicken BLT on a Croissant
- Fresh & Local Pepper Dippers

**22**

- Rodeo Burger on a Bun with Onion Rings & BBQ Sauce
- Garlic Parmesan French Fries 🍟

**23**

- Creamy Mac & Cheese or Buffalo Chicken Mac & Cheese
- Warm Mini Corn Bread Loaf
- Sauteed Broccoli

**24**

- Meatball Parm Hero
- Freshly Prepared & Local Cucumber & Tomato Salad

**25**

- Height's Pizzeria Pizza 🍕
- Freshly Prepared Caesar Salad

**28**

- National Potato Month 🥔
- Breakfast for Lunch 🍳
- Breakfast Burrito Bowl 🌯

**29**

- 🌸 New Item
- Chicken and Waffle Sandwich
- Sweet Potato Waffle Fries

**30**

- Wing Wednesday
- Chicken Wings with Buffalo, BBQ or Teriyaki Sauce
  - Freshly Prepared Spring Mix Salad
  - Dinner Roll

**31**

- Plain or Spicy Popcorn Chicken Basket
- Spooky 100% Juice Sorbet 🍷

**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** 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](http://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/](http://hhschools.nutrislice.com/menu/hasbrouck-heights-middlehigh/lunch/)

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