



# June 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
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<ul style="list-style-type: none"> <li>Mashed Potato Bowl with Popcorn Chicken, Shredded Cheddar Cheese, Corn and Gravy</li> <li>Dinner Roll</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>NY Style Breakfast Sandwich with Breakfast Sausage Egg Patty American Cheese topped with Hash Brown Rounds</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>Bacon Cheeseburger on a Bun Local Fresh Veggies</li> <li>Spiral Fries</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>Pasta with Meatballs with Marinara Sauce</li> <li>Garlic Breadstick</li> <li>Spring Mix Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>Pizzeria Pizza</li> <li>Cucumber &amp; Tomato Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<ul style="list-style-type: none"> <li>Spicy or Plain Chicken Nugget Basket</li> <li>Warm Breadstick</li> <li>Spiral Fries</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>All Natural Beef Hot Dog on a Bun</li> <li>Mixed Vegetables</li> <li>Mashed Potatoes</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>Baked Mac &amp; Cheese</li> <li>Steamed Broccoli</li> <li>Soft Pretzel Stick</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>Mozzarella Sticks with Marinara Sauce</li> <li>Local Veggie Dippers</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>Pizzeria Pizza</li> <li>Freshly Prepared Italian House Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<ul style="list-style-type: none"> <li>Chicken Tenders</li> <li>Oven Baked Sweet Potato Fries</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	<ul style="list-style-type: none"> <li>Pizzeria Pizza</li> <li>Freshly Prepared Italian House Salad</li> <li>Assorted Fresh or Chilled Fruit</li> <li>Milk Variety</li> </ul>	Half Day - No Lunch Served	Half Day - No Lunch Served	Half Day - No Lunch Served - Last Day of School
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>

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