

2022-2023

HEALTHY
MEALS



Mainland Regional School District

Breakfast

Student Breakfast	\$2.75	Adult Breakfast	\$3.00
Reduced Breakfast	\$FREE		

Lunch

Student Lunch	\$4.25	Adult Lunch	\$4.75
Student Entrée Only	\$3.00	Reduced Lunch	\$FREE

Beverages

Milk	\$.65	100% Juice 4 oz.	\$.65
Bottled Water 16 oz.	\$1.00	Coffee	\$1.50
Snapple/Flavored Water	\$2.00	Switch Drinks 12 oz.	\$1.50

A-la-Carte Snacks

Fresh or Chilled Fruit	\$.85	Pop Tart	\$1.00
Fresh Fruit in a clamshell	\$1.00	French Fries	\$1.50
Vegetable Side	\$1.00	Fruit Snacks	\$.75
Small Side Salad	\$1.25	Soft Pretzel	\$1.25
Savory Soup	\$1.75	Fresh Baked Cookie	\$.50-\$1.00
Baked Chips	\$1.00	Ice Cream	\$1.00-1.50
Slushie	\$1.00	Rice Krispie Treat	\$1.00



"MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER."

QUESTIONS OR COMMENTS?

Please call us at (973) 598-0005 to speak to one of Maschios' registered dietitians.

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Healthy meals grow

healthy kids!