

2022-2023

HEALTHY  
MEALS



# South Amboy Middle/High School

## Breakfast

<b>Student Breakfast</b>	\$1.85	<b>Adult Breakfast</b>	\$3.00
<b>Reduced Breakfast</b>	\$0.00		

## Lunch

<b>Student Lunch</b>	\$3.45	<b>Adult Lunch</b>	\$4.75
<b>Premium Lunch</b>	\$4.25	<b>Reduced Lunch</b>	\$0.00
<b>Extra Entrée with Lunch</b>	\$2.75	<b>Side Salad</b>	\$2.75

## Beverages

<b>Milk</b>	\$0.75	<b>100% Juice 4 oz.</b>	\$0.75
<b>Bottled Water</b> 8oz./16 oz.	\$1.00/\$1.50	<b>Coffee/Tea/Hot Chocolate</b>	\$1.50
<b>Sparkling 100% Juice</b>	\$1.75	<b>Snapple</b>	\$1.75
<b>G2</b>	\$2.00		

## A-la-Carte Snacks

<b>Fresh or Chilled Fruit</b>	\$0.75	<b>Assorted Baked Chips</b>	\$1.25
<b>Vegetable Side</b>	\$0.75	<b>Small Fresh Baked Cookie</b>	\$0.75
<b>Yogurt Parfait</b>	\$2.50	<b>Large Fresh Baked Cookie</b>	\$1.25
<b>Small Ice Cream</b>	\$1.25	<b>Soft Pretzel</b>	\$1.50
<b>Large Ice Cream</b>	\$1.50	<b>French Fries</b>	\$2.00
<b>Premium Ice Cream</b>	\$1.75	<b>100% Fruit Rollup</b>	\$1.00



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### 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!*