

2022-2023

HEALTHY MEALS



# CHARTERTECH High School

## Breakfast

<b>Student Breakfast</b>	<b>\$FREE</b>	<b>Adult Breakfast</b>	<b>\$2.00</b>
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## Lunch

<b>Student Lunch</b>	<b>\$4.00</b>	<b>Adult Lunch</b>	<b>\$4.50</b>
<b>Reduced Lunch</b>	<b>\$FREE</b>	<b>Extra Entrée with Lunch</b>	<b>\$2.25</b>
<b>Student Entrée Only</b>	<b>\$2.75</b>		

## Beverages

<b>Milk</b> 1/2 pint	<b>\$0.70</b>	<b>100% Juice</b> 4 oz	<b>\$0.65</b>
<b>Bottled Water</b> 8 oz. / 16 oz.	<b>\$0.60/\$1.00</b>		
<b>Assorted Drinks</b> 11.5 oz	<b>\$1.25-\$2.00</b>		

## A-la-Carte Snacks

<b>Fresh Fruit</b>	<b>\$0.75</b>	<b>Vegetable Side</b>	<b>\$0.75</b>
<b>Small Fruit Cup</b> 1/2 c.	<b>\$0.75</b>	<b>Large Vegetable Cup</b>	<b>\$1.50</b>
<b>Side Salad</b>	<b>\$1.50</b>	<b>Baked Chips</b>	<b>\$1.00</b>
<b>Yogurt Parfait</b>	<b>\$1.75</b>	<b>Fresh Baked Cookie</b>	<b>\$0.50</b>
<b>Ice Cream</b>	<b>\$1.00-\$1.50</b>	<b>Hot Soft Pretzel</b>	<b>\$1.25</b>
<b>Hummus Cup</b> 4 oz	<b>\$1.75</b>	<b>Soup with Crackers</b>	<b>\$2.00</b>
<b>Rice Krispie Treat</b>	<b>\$1.00</b>		
<b>Pop Tart</b>	<b>\$1.00</b>		



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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 kids!*