



# First Philadelphia Preparatory Charter School

## Welcome Back to School

Healthy Meals Grow *Healthy Kids!*

Did you know your child's school lunch includes a wide variety of fruits, vegetables, and whole grain-rich foods? Maschio's school lunches have less saturated fat and sodium and contain zero trans fat. Our meal portions are designed for a child's age and we offer a wide variety of healthy options like fat-free and lowfat milk. We take great pride in being able to offer your children healthier food choices so that they can fuel their bodies to get them through the

- View your menu <https://ap-schools.nutrislice.com/>

**Lunch Begins: Aug. 30, 2021**

**Student Breakfast \$0.00**

*All meals include \*grains/breads, meat/meat alternative, fruit/juice/vegetable, and refreshing milk. Students must choose at least 3 items. Make sure 1 is a fruit, juice, or vegetable!*

**Student Lunch \$0.00**

Please visit your school website for our monthly menus, price lists, nutritional information, newsletters, and important updates. If you have any questions, concerns, or suggestions, please contact your cafeteria manager:

You can learn more about Maschio's by visiting [www.maschiofood.com](http://www.maschiofood.com) If you would like to



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

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\*MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER.\*