

2022-2023

HEALTHY
MEALS



Good Shepherd Catholic

Lunch

Student Lunch	\$4.75	Extra Entrée with Lunch	\$3.00
Student Entrée Only	\$4.00	Pizza Slice	\$2.25

Beverages

Milk	\$0.75	100% Juice 4 oz.	\$0.75
Bottled Water 8 oz./16 oz.	\$0.75/\$1.25		
Gatorade 12oz.	\$1.75		

A-la-Carte Snacks

Fresh or Chilled Fruit	\$0.75	Oreo Cookies	\$1.50
Vegetable Side	\$0.75	Soft Pretzel	\$1.50
Fresh Baked Cookie—Large	\$1.00	Rice Krispie Treat	\$1.50
Assorted Chips	\$1.50	Ice Cream	\$1.25/1.75
Fruit Snack (Welch's)	\$0.75		



MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER.



QUESTIONS OR COMMENTS?

Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

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Healthy meals grow

healthy kids!