



Hudson Arts & Science Charter 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 school day and beyond!

- View your menu <https://hudsoncharter.nutrislice.com/>
- Register for an online payment account www.mymealtime.com
Cash & check payments are also accepted for meals. For checks please include your payment form and make check payable to: Bergen Arts & Science Charter School

Lunch Begins: August. 30th, 2021

Student Breakfast	\$0.00
Student Lunch	\$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!*

Free & Reduced Meals Parents may apply at any time during the school year for free or reduced meals. Please contact your school board office for an application or visit your school district website.

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 If you would like to contact our corporate office please call us at (973) 598-0005 or comments@maschiofood.com.



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

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