

2022-2023

HEALTHY
MEALS



North Plainfield Middle & High School

Breakfast

Student Breakfast	\$2.00	Adult Breakfast	\$3.95
Free/ Reduced Breakfast	\$0.00		

Lunch

Student Lunch	\$3.25	Adult Lunch	\$4.95
Student Entrée Only	\$2.75	Free/ Reduced Lunch	\$0.00

Beverages

Milk	\$0.75	100% Juice 4 oz.	\$0.75
Bottled Water 8 oz/16 oz.	\$0.50/\$1.00	Coffee 12oz/16oz	\$1.25/\$1.50
Gatorade	\$1.75	La Croix	\$1.25
100%Fruit Slushy 12 oz	\$1.25	Snapple	\$2.25

A-la-Carte Snacks

Fresh or Chilled Fruit	\$0.75	Donut	\$1.50
Pop Tart	\$1.25	Churro	\$1.00
Vegetable Side	\$0.75	Nutri- Grain or Cereal Bar	\$1.25
Small Side Salad	\$1.25	Soft Pretzel	\$1.25
Savory Soup	\$2.00	Fresh Baked Cookie	\$.50/1.00
Baked Chips	\$1.25	Ice Cream small/ Premium	\$1.25/\$1.75
Rice Krispie Treat	\$1.25		



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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!