

2022-2023

HEALTHY
MEALS



Teaneck Middle Schools

Breakfast

Student Breakfast	\$1.75	Adult Breakfast	\$2.05
Reduced Breakfast	\$0.00		

Lunch

Student Lunch	\$2.95	Adult Lunch	\$4.25
Student Entrée Only	\$2.55		
Extra Entrée with Lunch	\$2.10	Reduced Lunch	\$0.00

Beverages

Milk	\$0.80	100% Juice 4 oz.	\$0.65
Bottled Water 8 oz./16 oz.	\$0.65/\$1.50		
Gatorade/Snapple	\$1.50	Large Snapple Bottles	\$2.00

A-la-Carte Snacks

Fresh or Chilled Fruit	\$0.85	Bagel w/ Cream Cheese	\$1.75
Vegetable Side	\$0.85	Whole Grain Muffin/Donut	\$1.75
Hummus/Guacamole	\$2.50	Fresh Baked Cookie	\$0.50
Savory Soup	\$2.00	Ice Cream	\$1.50/\$1.75
Baked Chips	\$1.00	Rice Krispie Treat	\$1.25
Yogurt Parfait 9 oz.	\$3.50	Pop Tart	\$1.25
Cereal Bar	\$1.25	Yogurt 4oz Cup	\$1.25



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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 kids!