



# University Heights 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 including low-fat 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 **in the School Cafeteria or School Secretary**
- Cash & check payments are also accepted for meals. For checks please include your payment form and make check payable to: **Maschio's Food Services, Inc.**

**Lunch Begins: Sept 8, 2021**

**Student Lunch**

**Free**

New-  
ark.org

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: **Ernestine@uhcs-newark.org**

You can learn more about Maschio's by visiting **[www.maschiofood.com](http://www.maschiofood.com)**. If you would like to contact our corporate office please call us at (973) 598-0005 or **[comments@maschiofood.com](mailto:comments@maschiofood.com)**



#### FOOD ALLERGIES?

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

FOLLOW US:  
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