

# Welcome Back to School! 2023-2024

Laboratory Charter School

Did you know your child's school lunch includes a variety of fruits, vegetables, and whole grain-rich foods? Maschio's school lunches have less saturated fat and sodium than other lunches and contain zero trans fat. Our meal portions are designed for your child's age and we offer a wide variety of healthy options like fat-free and 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: <https://thelaboratorycharterschool.nutrislice.com>

BREAKFAST BEGINS: 8/28/23    STUDENT BREAKFAST: free  
LUNCH BEGINS: 8/28/23    STUDENT LUNCH: free

All lunches 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, 100% fruit juice, or vegetable!

IF YOU HAVE ANY QUESTIONS, CONCERNS OR SUGGESTIONS, PLEASE CONTACT:

Dr. Andrea Coleman-Hill, CEO    Email Address: [drandreacolemanhill@gmail.com](mailto:drandreacolemanhill@gmail.com)

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 (973) 598-0005 or email us at [comments@maschiofood.com](mailto:comments@maschiofood.com)



We look forward to a *great* year!