

# Welcome Back to School! 2023-2024

## First Philadelphia Preparatory Charter Middle School and High 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://ap-schools.nutrislice.com/menus-eula>

REGISTER FOR AN ONLINE PAYMENT ACCOUNT:

Cash and check payments are also accepted for meals. For checks, please include your payment form and make check payable to:

BREAKFAST BEGINS: **08/28/23**

STUDENT BREAKFAST: **Free**

LUNCH BEGINS: **08/28/23**

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!

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

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

Eleanor Pagan, Supervisor

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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)