



# Welcome Back to School 2023-2024 School Year

## Vernon Township High School

Your child's school lunch includes a wide variety of fruits, vegetables, and whole grain-rich foods. Maschio's school lunches have reduced 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 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://vtsd.nutrislice.com>

**Register for an online payment account:** [MyMealtime.com](https://mymealtime.com)

**Cash and check payments are also accepted for meals. For checks, please include your payment form and make check payable to: Vernon Township Board of Education**

**Breakfast Begins: Sept. 7, 2023**

**Breakfast Price: \$1.90**

**Reduced Price Breakfast: \$0.00**

**Lunch Begins: Sept. 7, 2023**

**Lunch Price: \$3.50**

**Reduced Price Lunch: \$0.00**

All lunches include grains/breads, meat/meat alternative, fruit/juice/vegetable, and milk. Students must choose at least 3 items. One item must be a fruit, 100% fruit juice, or vegetable!

*Free & Reduced Price Meals - Parents may apply at any time during the school year for free or reduced price meals. <http://www.vtsd.com/wp-content/uploads/2023/08/Application-Instructions.pdf>*

## Contact Information

If you have any questions, concerns or suggestions, please contact

Michelle Mercer, Food Service Supervisor

[mmercerc@maschiofood.com](mailto:mmercerc@maschiofood.com) or (973) 764-2876

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!



"MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER."



### FOOD ALLERGIES?

Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

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Healthy meals grow  
*healthy kids!*