

2023-2024

HEALTHY
MEALS



Montgomery Township Upper Middle School

Lunch

Student Lunch	\$4.25	Adult Lunch	\$4.75
Student Entrée Only	\$3.00	Reduced Lunch	\$0.00
Second Entrée	\$3.50	Yogurt Parfait	\$4.25
Pizza Slice	\$3.00		

Beverages

Milk 1/2 pint	\$0.85	Sparkling Water	\$2.75
Bottled Water 8 oz./16 oz.	\$0.75/\$1.25	100% Snapple Juice	\$2.25
100% Juice	\$1.00		

A-la-Carte Snacks

Fresh or Chilled Fruit	\$1.00	Baked Chips	\$1.50
Vegetable Side	\$1.00	Soft Hot Pretzel	\$1.50
Yogurt 4 oz	\$1.25	Whole Grain Muffin	\$1.75
Fresh Baked Cookies	\$1.50	Fruit Snack/Fruit Roll up	\$1.25
Mini Cinnis	\$1.50	Bagel w/Cream Cheese	\$2.00
Whole Grain Fruit Pastry	\$1.50	Rice Krispie Treat	\$1.25
Hershey's Ice Cream	\$1.75/2.25	Churro (2 each)	\$1.75



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QUESTIONS OR COMMENTS?

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

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Healthy meals grow

healthy kids!