

# 2025-2026 HEALTHY MEALS

## COPELAND MIDDLE SCHOOL

### Breakfast

<b>Student Breakfast</b>	<b>\$2.25</b>	<b>Adult Breakfast</b>	<b>\$3.05</b>
<b>Reduced Breakfast</b>	<b>\$0.00</b>		

### Lunch

<b>Student Lunch</b>	<b>\$3.40</b>	<b>Adult Lunch</b>	<b>\$4.05</b>
<b>Student Entrée Only</b>	<b>\$2.95</b>	<b>Reduced Lunch</b>	<b>\$0.00</b>
<b>Extra Entrée with Lunch</b>	<b>\$2.95</b>		

### Beverages

<b>Milk</b>	<b>\$0.75</b>	<b>100% Juice 4 oz.</b>	<b>\$1.00</b>
<b>Bottled Water 8 oz./16 oz.</b>	<b>\$0.75/1.25</b>	<b>100% Sparkling Juice</b>	<b>\$2.00</b>
<b>Propel</b>	<b>\$2.50</b>	<b>Capri Sun 6 oz</b>	<b>\$1.25</b>

### À La Carte Snacks

<b>Fresh or Chilled Fruit</b>	<b>\$0.75</b>	<b>Baked Chips</b>	<b>\$1.50</b>
<b>Vegetable Side</b>	<b>\$0.75</b>	<b>Soft Pretzel</b>	<b>\$1.50</b>
<b>Small Side Salad</b>	<b>\$2.00</b>	<b>Fresh Baked Cookie</b>	<b>\$1.00</b>
<b>Ice Cream</b>	<b>\$1.50/\$2.00</b>	<b>Rice Krispies® Treats</b>	<b>\$1.50</b>
<b>Fruit Snack</b>	<b>\$1.25</b>	<b>Pop-Tarts®</b>	<b>\$1.25</b>
<b>Cereal Bar</b>	<b>\$1.50</b>		



#### QUESTIONS OR COMMENTS?

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

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