

# 2025-2026 HEALTHY MEALS

## MONTGOMERY TWP UPPER MIDDLE SCHOOL

### Lunch

<b>Student Lunch</b>	<b>\$4.25</b>	<b>Adult Lunch</b>	<b>\$4.75</b>
<b>Student Entrée Only</b>	<b>\$3.00</b>	<b>Reduced Lunch</b>	<b>\$0.00</b>
<b>Second Entrée</b>	<b>\$3.50</b>		

### Beverages

<b>Milk</b>	<b>\$0.85</b>	<b>100% Juice 4 oz.</b>	<b>\$1.50</b>
<b>Bottled Water 8 oz./16 oz.</b>	<b>\$1.00/\$1.50</b>	<b>100% Sparkling Juice</b>	<b>\$2.75</b>
<b>Snapple 100% Juice</b>	<b>\$2.50</b>		

### À La Carte Snacks

<b>Fresh or Chilled Fruit</b>	<b>\$1.00</b>	<b>Fresh Baked Muffin</b>	<b>\$3.25</b>
<b>Vegetable Side</b>	<b>\$1.00</b>	<b>Soft Pretzel</b>	<b>\$1.50</b>
<b>Small Side Salad</b>	<b>\$1.50</b>	<b>Fresh Baked Cookie</b>	<b>\$1.50</b>
<b>Savory Soup</b>	<b>\$3.25</b>	<b>Ice Cream S/L</b>	<b>\$2.00/ \$2.50</b>
<b>Baked Chips</b>	<b>\$1.75</b>	<b>Rice Krispies® Treats</b>	<b>\$1.50</b>
<b>Churros</b>	<b>\$2.00</b>	<b>Pop-Tarts®</b>	<b>\$1.00</b>
<b>Yogurt</b>	<b>\$1.50</b>	<b>Fruit Snacks/ Fruit Roll Up</b>	<b>\$1.75</b>
<b>Whole Grain Donuts/ Pastries</b>	<b>\$2.25</b>	<b>Pizza Slice</b>	<b>\$3.00</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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