

2022-2023

HEALTHY  
MEALS



# Montgomery Township Upper Middle School

## Lunch

<b>Student Lunch</b>	<b>\$4.00</b>	<b>Adult Lunch</b>	<b>\$4.50</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>	<b>Yogurt Parfait</b>	<b>\$4.00</b>
<b>Pizza Slice</b>	<b>\$2.75</b>		

## Beverages

<b>Milk</b>	<b>\$0.75</b>	<b>100% Juice 4 oz.</b>	<b>\$0.75</b>
<b>Bottled Water 8 oz./16 oz.</b>	<b>\$0.75/\$1.25</b>	<b>100% Snapple Juice</b>	<b>\$2.00</b>
<b>Gatorade 12oz.</b>	<b>\$1.85</b>	<b>Sparkling Water</b>	<b>\$2.25</b>

## A-la-Carte Snacks

<b>Fresh or Chilled Fruit</b>	<b>\$0.85</b>	<b>WG Muffin</b>	<b>\$1.50</b>
<b>Vegetable Side</b>	<b>\$0.85</b>	<b>Soft Pretzel</b>	<b>\$1.25</b>
<b>Fresh Baked Cookie—Large</b>	<b>\$1.25</b>	<b>Bagel w/ Cream Cheese</b>	<b>\$1.75</b>
<b>Baked Chips</b>	<b>\$1.25</b>	<b>Ice Cream</b>	<b>\$1.50/\$2.00</b>
<b>Yogurt 4 oz.</b>	<b>\$1.10</b>	<b>Rice Krispie Treat</b>	<b>\$1.25</b>
<b>Whole Grain Fruit Pastry</b>	<b>\$1.35</b>	<b>Mini Cinnis</b>	<b>\$1.35</b>
<b>Fruit Snack/Fruit Roll up</b>	<b>\$1.10</b>	<b>Churro (2 each)</b>	<b>\$1.75</b>



\*MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER.\*



### QUESTIONS OR COMMENTS?

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

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