

2021-2022

HEALTHY MEALS



# Essex County Schools of Technology

## Breakfast

<b>Student Breakfast</b>	Free	<b>Adult Breakfast</b>	\$1.90
<b>Reduced Breakfast</b>	Free		

## Lunch

<b>Student Lunch</b>	Free	<b>Adult Lunch</b>	\$3.55
<b>Extra Entrée with Lunch</b>	\$2.45	<b>Reduced Lunch</b>	Free
		<b>Pizza Slice</b>	\$2.45

## Beverages

<b>Milk</b>	\$.65	<b>100% Juice 4 oz.</b>	\$.65
<b>Bottled Water</b>	\$0.50-\$1.00	<b>Coffee</b>	\$1.00
<b>Propel Flavored Water</b>	\$1.50	<b>Snapple</b>	\$1.25-\$2.00

## A-la-Carte Snacks

<b>Fresh or Chilled Fruit</b>	\$.65	<b>Mozzarella Sticks</b>	\$2.75
<b>Yogurt Parfait</b>	\$3.05	<b>Chicken Wings</b>	\$2.75
<b>Vegetable Side</b>	\$.70	<b>Funnel Cake</b>	\$1.00
<b>Small Side Salad</b>	\$.70	<b>Soft Pretzel</b>	\$1.00
<b>Savory Soup</b>	\$1.50	<b>Fresh Baked Cookie</b>	\$1.00
<b>Baked Chips</b>	\$.85	<b>Ice Cream</b>	\$1.00-\$1.50
<b>Mini Donut</b>	\$1.50	<b>Rice Krispie Treat</b>	\$1.00
<b>French Fries</b>	\$1.00	<b>Pop Tart</b>	\$1.00



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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!*