

2022-2023

HEALTHY
MEALS



Essex County Schools of Technology

Breakfast

Student Breakfast	Free	Adult Breakfast	\$1.90
--------------------------	------	------------------------	--------

Lunch

Student Lunch	\$3.05	Adult Lunch	\$3.55
Student Entrée Only	\$2.45	Reduced Lunch	\$Free
Extra Entrée with Lunch	\$2.45		

Beverages

Milk	\$0.70	100% Juice 4 oz.	\$0.70
Bottled Water 16 oz.	\$1.00	Coffee	\$1.15
Drinks 16 oz.	\$2.00	Drinks 12 oz.	\$1.25

A-la-Carte Snacks

Fresh or Chilled Fruit	\$0.70	Pop Tart	\$1.00
Baked Chips	\$1.00	Rice Krispie Treat	\$1.00
Vegetable Side	\$0.70	Ice Cream	\$1.25-1.75
Savory Soup	\$1.75	Soft Pretzel	\$1.25
French Fries	\$1.25	Fresh Baked Cookie	\$1.00
Mozzarella Sticks	\$2.75	Granola Bar	\$1.00
Chicken Wings	\$2.75	Mini Donut	\$1.50
		Funnel Cake	\$1.25



"MASCHIO'S IS AN EQUAL OPPORTUNITY PROVIDER."

QUESTIONS OR COMMENTS?

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

FOLLOW US:

@MASCHIOFOOD



Healthy meals grow

healthy kids!