

2023-2024

HEALTHY MEALS



# Essex County Schools of Technology

## Breakfast

<b>Student Breakfast</b>	Free	<b>Adult Breakfast</b>	\$1.90
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## Lunch

<b>Student Lunch</b>	\$3.05	<b>Adult Lunch</b>	\$3.55
<b>Student Entrée Only</b>	\$2.45	<b>Reduced Lunch</b>	\$Free
<b>Extra Entrée with Lunch</b>	\$2.45		

## Beverages

<b>Milk</b>	\$0.75	<b>100% Juice 4 oz.</b>	\$0.75
<b>Bottled Water 16 oz.</b>	\$1.00	<b>Coffee</b>	\$1.25
<b>Drinks 16 oz.</b>	\$2.25	<b>Drinks 12 oz.</b>	\$1.50

## A-la-Carte Snacks

<b>Fresh or Chilled Fruit</b>	\$0.75	<b>Pop Tart</b>	\$1.15
<b>Baked Chips</b>	\$1.25	<b>Rice Krispie Treat</b>	\$1.15
<b>Vegetable Side</b>	\$0.75	<b>Ice Cream</b>	\$1.50-2.00
<b>Savory Soup</b>	\$2.00	<b>Soft Pretzel</b>	\$1.25
<b>French Fries</b>	\$1.50	<b>Fresh Baked Cookie</b>	\$1.00
<b>Mozzarella Sticks</b>	\$3.00	<b>Granola Bar</b>	\$1.00
<b>Chicken Wings</b>	\$3.00	<b>Mini Donut</b>	\$1.75
		<b>Funnel Cake</b>	\$1.50



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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!*