

2021-2022

HEALTHY
MEALS



South Amboy Middle/High School

Breakfast

Student Breakfast	\$0.00	Adult Breakfast	\$3.00
Reduced Breakfast	\$0.00		

Lunch

Student Lunch	\$0.00	Adult Lunch	\$4.25
Premium Lunch	\$4.00	Reduced Lunch	\$0.00
Extra Entrée with Lunch	\$2.60	Side Salad	\$2.50

Beverages

Milk	\$0.75	100% Juice 4 oz.	\$0.75
Bottled Water 8oz./16 oz.	\$0.75/\$1.25	Coffee/Tea/Hot Chocolate	\$1.25
Sparkling 100% Juice	\$1.25	Snapple	\$1.25
G2	\$2.00		

A-la-Carte Snacks

Fresh or Chilled Fruit	\$0.75	Assorted Baked Chips	\$1.00
Vegetable Side	\$0.75	Small Fresh Baked Cookie	\$0.50
Yogurt Parfait	\$2.00	Large Fresh Baked Cookie	\$1.00
Small Ice Cream	\$1.00	Hot Pretzel	\$1.00
Large Ice Cream	\$1.25	French Fries	\$1.50
Premium Ice Cream	\$1.50	100% Fruit Rollup	\$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!