



# Welcome Back to School 2022-2023

Healthy Meals Grow *Healthy Kids!*

Did you know your child's school lunch includes a wide variety of fruits, vegetables, and whole grain-rich foods? Maschio's school lunches have less saturated fat and sodium than other lunches and contain zero trans fat. Our meal portions are designed for your child's age and we offer a wide variety of healthy options like fat-free and low-fat milk. We take great pride in being able to offer your children healthier food choices so that they can fuel their bodies to get them through the school day and beyond!

**View your menu:**

**Register for an online payment account:**

**Cash and check payments are also accepted for meals. For checks, please include your payment form and make check payable to:**

**Breakfast Begins:**

**Lunch Begins:**

**Student Breakfast:**

**Student Lunch:**

All lunches include grains/breads, meat/meat alternative, fruit/juice/vegetable, and refreshing milk. Students must choose at least 3 items. Make sure 1 is a fruit, 100% fruit juice, or vegetable!

## Contact Information

If you have any questions, concerns or suggestions,  
please contact

You can learn more about Maschio's by visiting [www.maschiofood.com](http://www.maschiofood.com)  
If you would like to contact our corporate office please call (973) 598-0005  
or email us at [comments@maschiofood.com](mailto:comments@maschiofood.com)

**We look forward to a GREAT year!**



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



### FOOD ALLERGIES?

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

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*healthy kids!*