

2021-2022

HEALTHY
MEALS



Prompton Lakes Lakeside Middle School

Breakfast

Student Breakfast	FREE	Adult Breakfast	\$2.60
Reduced Breakfast	FREE		

Lunch

Student Lunch	FREE	Adult Lunch	\$4.00
Student Entrée Only	\$2.90	Reduced Lunch	FREE

Beverages

Milk	\$0.60	100% Juice 4 oz.	\$0.60
Bottled Water 16 oz.	\$1.00	Bottled Water 8 oz	\$0.50
Gatorade	\$1.50	Snapple 12 oz.	\$1.50

A-la-Carte Snacks

Fresh or Chilled Fruit	\$0.75	Bagel with Butter	\$1.75
Side of Fries	\$1.00	Bagel with Cream Cheese	\$1.75
6" Salad	\$2.50	Soft Pretzel	\$0.75
Savory Soup	\$1.25	Fresh Baked Cookie	\$0.50
Baked Chips	\$0.75	Ice Cream	\$1.25
Yogurt 4 oz	\$1.00	Rice Krispie Treat	\$1.00
Yogurt Parfait	\$2.00	Pop Tart	\$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!