



James Caldwell High School Welcome Back to School

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 and contain zero trans fat. Our meal portions are designed for a child's age and we offer a wide variety of healthy options like fat-free and lowfat 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 www.nutrislice.com/cwc.nutrislice.com
- Register for an online payment account www.myschoolbucks.com
Cash & Checks are not accepted

Lunch Begins: Thursday, Sept. 9th, 2021

Student Lunch

\$0.00

*All meals 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, juice, or vegetable!*

Free & Reduced Meals Parents may apply at any time during the school year for free or reduced meals. Even though the district is providing free meals to all students throughout the 2021-2022 academic school year, the Application for Free and Reduced-Price School Meals is

Please visit your school website for our monthly menus, price lists, nutritional information, newsletters, and important updates. If you have any questions, concerns, or suggestions, please contact your cafeteria manager: **Roseann Kelly at rkelly@cwcboc.org**

You can learn more about Maschio's by visiting www.maschiofood.com If you would like to contact our corporate office please call us at (973) 598-0005 or comments@maschiofood.com We look forward to a great year!



FOOD ALLERGIES?

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

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