

# Upper Freehold Regional Middle School

2025-2026

LUNCH	Student Lunch	\$4.05
	Featured Favorite Lunch	\$5.15
	Reduced Price Lunch	\$0.00
	Faculty Lunch	\$4.75
	Faculty Featured Favorite	\$5.75
BREAKFAST	<i>Lunch Meals include: Entrée selection (protein/grain), fruit, vegetable, and an 8 oz. milk</i>	
	Student Breakfast	\$3.50
	<i>Breakfast Meals include: Breakfast Entrée, fruit/fruit juice, and an 8 oz. milk</i>	
ENTRÉE:		
	Student Lunch Entrée Only	\$4.05
	Featured Favorite Entrée Only	\$5.15
	Pizza Slice	\$3.00
	Yogurt & Fruit Parfait Lunch	\$5.15
SANDWICHES:		
	Premium Deli Sandwich or Wrap as a Complete Meal or a la Carte	\$5.15
SALADS:		
	Featured Favorite Salad Lunch as a Complete Meal or a la Carte	\$5.15
	Dressing Packet, extra	\$1.00
SIDES:		
	Fresh Fruit/Cupped Fruit, 1 cup (2 portions)	\$1.95
	Side Vegetable, 1 cup (2 portions)	\$1.95
	French Fries/Potato Tots, 4 oz.	\$2.75
SNACKS A LA CARTE:		
	Freshly Baked Cookie, small	\$1.00
	Welch's Fruit Snacks	\$1.60
	Cookies (packaged)	\$1.75
	Baked Snacks/Chips, large	\$2.30
	Rice Krispies Treat	\$2.00
	Hot Jumbo Pretzel	\$2.60
	Brownie	\$2.65
	Gourmet Muffin	\$3.25
	Cheese Stick	\$1.10
	Cereal Bars	\$2.60
	Pop-tart, 2 pack	\$2.35
ICE CREAM:		
	Ice Cream Sandwich	\$2.55
	Cones	\$2.80
	Ice Cream Bar	\$2.55
BEVERAGE:		
	Milk, 8 oz.	\$1.15
	Juice, 4 oz.	\$1.10
	Bottled Water, 16.9 oz.	\$1.75
	Snapple Canned Juice	\$2.25
	Orange Juice, 10 oz.	\$2.70
	100% Sparkling Juice (Envy/Switch)	\$2.35
	Gatorade "G2" 12 oz	\$2.50