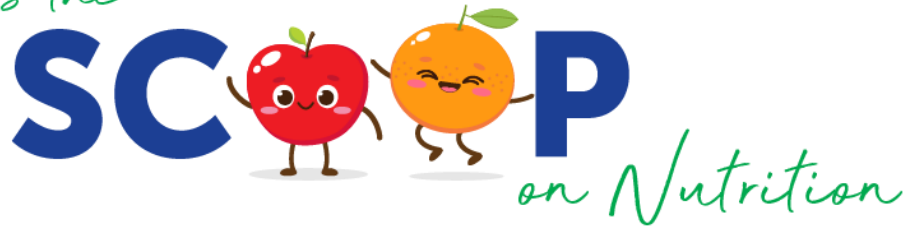


What's the



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## FREE Meals for all VGSD Students

The Valley Grove School District participates in the Community Eligibility Provision to provide free school meals to all students. What does this mean for your student?

Every student is entitled to:

- 1 free breakfast each day
- 1 free lunch each day

All additional meals and snacks purchased are at a pre-determined cost and your student **MUST** have money on their cafeteria account or cash in hand at the time of purchase. There is **ABSOLUTELY NO CHARGING PERMITTED!**



The Nutrition Group's Chef Basil is back again cooking up some delicious, nutritious recipes for our elementary school students to try.

Look for "Broccoli Salad" & "Cucumber Salad" on our elementary menus in the month of October & November.

For questions or concerns please contact:  
**Holly Smith, Director of Food and Nutrition**  
Email: [hsmith@staff.vgsd.org](mailto:hsmith@staff.vgsd.org)  
Phone: 814-437-3759 Ext. 1801

An advertisement for 'The Lunch Box Helper' with a blue border. At the top, it says 'INTRODUCING The LUNCH BOX HELPER' in large, bold letters. Below this, it asks 'BRINGING YOUR LUNCH FROM HOME?' and encourages adding fruit, veggies, and milk for free. It features illustrations of a banana, a carton of milk, and broccoli. The text states that this year, students bringing lunch from home can add healthy sides at zero cost. It includes the slogan 'Fuel your Day with The Lunch Box Helper.' and a USDA logo. At the bottom, it provides the phone number 888.272.8106, the website TheNutritionGroup.biz, and social media icons for Facebook, Twitter, and Instagram. The TNG logo is also present in the bottom right corner.

What's the

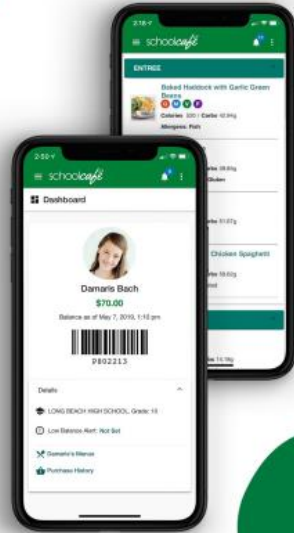
# SCOP



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schoolcafe



**One app  
for your  
entire  
cafeteria.**

**SEE NUTRITIONAL INFO**

Check menus, see nutritional information and allergens. Students can rate and favorite menu items all from their phone.

**MANAGE BALANCES**

Make payments, view purchase history, and receive low balance alerts. For convenience, setup automatic payments to replenish their cafeteria funds.

**ADDITIONAL INFO HERE**

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Get It Now



[www.schoolcafe.com](http://www.schoolcafe.com)

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<https://www.schoolcafe.com>



**SNACKS**

Chips	\$0.95
Rice Krispies Treat	\$1.25
Grandma Cookies	\$1.10
Baked Cookies (2)	\$1.00
Fruit Snacks	\$0.85
Cheez Its	\$0.50
Fruit/Veggie	\$0.85
Soft Pretzel w/Cheese	\$1.65
Pudding Parfait	\$1.75
Breadstick	\$0.50

**BEVERAGES**

Milk	\$0.65
Switch	\$1.75
Capri Sun	\$1.25
Water- 8 oz bottle	\$0.75
Water- 16.9 oz bottle	\$1.00
Flavored Water	\$1.10
Tea	\$1.35
Gatorade 12 oz	\$1.75
Gatorade 20 oz	\$2.50
Mt Dew Kickstart	\$2.70
Sparkling Ice	\$2.70
Zero Sugar Soda	\$1.25
Hawaiian Punch	\$1.50
100% Snapple Juice	\$1.75

**ICE CREAM**

Cone	\$1.60
Ice Cream Sandwich	\$1.60
Twister Cup	\$1.60
Sillytube	\$1.60
Scooter Crunch Bar	\$1.05
Ice Cream Cup	\$1.05
Juice Rush	\$1.05
Polar Blast	\$1.05

**ENTREES**

Lunch Entree	\$2.35
Breakfast Entree	\$1.30
Adult Lunch Meal	\$4.73
Adult Breakfast Meal	\$2.36
Breakfast Sandwich	\$1.85
Specialty Salad	\$3.75
Side Garden Salad	\$2.75



**Special Event: October 31st  
Apple Crunch Day @ VGES**



**Special Event: November 5th  
Select & Elect @ VGES**



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