



Meet Your Nutritious Friend:
Cran "Bogger"

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
				School Closed ¹	<p>What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% white, fat-free white, chocolate, vanilla, and strawberry</p> <p>Daily Alternates Fresh Entree Salad of the Week Uncrustable Grab & Go Weekly Cold Cut Sandwiches</p>
<p>⁴ Cheeseburger Sliders(2) Garden Salad W/ Goldfish Ham & Cheese Sandwich</p> <p>FEATURED VEGGIES French Fries Cucumber Slices</p>	<p>⁵ Chicken Taco's on Soft Tortilla's Garden Salad W/ Goldfish Ham & Cheese Sandwich</p> <p>FEATURED VEGGIES Latin Inspired Beans Golden Corn</p>	<p>⁶ Cheesy Pizza Garden Salad W/ Goldfish Ham & Cheese Sandwich</p> <p>FEATURED VEGGIES Garden Side Salad Carrot Sticks</p>	<p>⁷ School Closed</p>	<p>⁸ School Closed</p>	
<p>¹¹ Grilled Cheese Sandwich Caesar Salad W/ Goldfish Turkey & Cheese Sandwich</p> <p>FEATURED VEGGIES Tomato Soup Baby Carrots</p>	<p>¹² Walking Tacos on Soft Pretzel Stick Caesar Salad W/ Goldfish Turkey & Cheese Sandwich</p> <p>FEATURED VEGGIES Latin Inspired Beans Tomato & Onion Salsa</p>	<p>¹³ Egg & Cheese Waffle Caesar Salad W/ Goldfish Turkey & Cheese Sandwich</p> <p>FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices</p>	<p>¹⁴ Chicken Patty on a Bun Caesar Salad W/ Goldfish Turkey & Cheese Sandwich</p> <p>FEATURED VEGGIES Steamed Corn French Fries</p>	<p>¹⁵ Cheesy Pizza Caesar Salad W/ Goldfish Turkey & Cheese Sandwich</p> <p>FEATURED VEGGIES Green Beans Garden Salad</p>	
<p>¹⁸ Macaroni & Cheese W/ Biscuit Chef/Garden Salad Goldfish Crackers Egg Salad Croissant</p> <p>FEATURED VEGGIES Roasted Broccoli Red Pepper Strips</p>	<p>¹⁹ Nacho's Grande Chef/Garden Salad Goldfish Crackers Egg Salad Croissant</p> <p>FEATURED VEGGIES Green Beans Brown Rice</p>	<p>²⁰ Cheeseburger Sliders(2) Chef/Garden Salad Goldfish Crackers Egg Salad Croissant</p> <p>FEATURED VEGGIES Oven Fries Green Pepper Strips</p>	<p>²¹ Toasted Cheese Sandwich Chef/Garden Salad Goldfish Crackers Egg Salad Croissant</p> <p>FEATURED VEGGIES Tomato Soup Green Beans</p>	<p>²² Cheesy Pizza Chef/Garden Salad Goldfish Crackers Egg Salad Croissant</p> <p>FEATURED VEGGIES Garden Salad Carrots</p>	
<p>²⁵ Hot Dog on Bun Garden Salad/ Goldfish Italian Hoagie</p> <p>FEATURED VEGGIES Baked Beans F/S Potato Chips</p>	<p>²⁶ Turkey Dinner Feast Stuffing, Mashed Potatoes & Gravy, Green Beans Dinner Roll Uncrustable Grab & Go</p>	<p>²⁷ Cheesy Pizza Garden Salad/Goldfish Italian Hoagie</p> <p>FEATURED VEGGIES Steamed Broccoli Carrot Sticks</p>	<p>²⁸ School Closed</p>	<p>²⁹ School Closed</p>	
<p>Your Team Tina Artusa, Food Service Director 856-795-2025 ext. 5223 VHS@NSFM.COM</p>			<p>Meal Prices Student Lunch \$3.25 Reduced Lunch \$0.00 Faculty Lunch \$5.25</p>		

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.