

# welcome BACK to School!

Menus for August/Sept.

RIVER VALLEY SECONDARY

This institution is an equal opportunity

*available daily*

Grab n Go Salad & Hoagie Meals, Smart Snacks Asst.  
Drinks Daily

Monday's Primo Four Cheese Pizza or Cheeseburger or  
Oven Breaded Chicken Breast

Tuesday's Homestyle Pizza or Deluxe Chicken Sandwich  
or Hot Italian Hoagie

Wednesday's Homestyle Mozzarella Bread Sticks Or  
Cheeseburger or Cobb Salad

Thursday's Specialty Pizza, Cheeseburger

Friday's Deluxe Chicken or Spicy Chicken Sandwich or  
Hot Roast Beef & Cheddar Hoagie

**Daily Fruit Choices may include:** Apples, Oranges, Bananas, Mandarin Oranges, Peaches, Pineapples, Strawberries, Blueberries, Fruit Cocktail, Cranberries 100% fruit Juice Available, Orange Apple Grape (One serving of Juice if you are taking two fruit choices) Vegetable Choices Include: Romaine Lettuce, Baby Carrots, Broccoli Florets, Celery Sticks, Red Pepper Strips, Tomatoes, Chick Pea Salad Cup. Lite Ranch Dip Available w/ Fresh Veggies. Some entrees May include Shredded Lettuce, Tomatoes. Locally Sourced items include: Milk from Western PA and Mainly Indiana County! Produce may include Tomatoes, Cucumbers and Peppers from Yarnick's farm. Our milk is from cows not treated with the growth hormone RBST, Skim, 1% white, 1% Chocolate, 1% Vanilla

# YOU'RE GOOD

## ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

RIVER VALLEY SCHOOL DISTRICT  
NUTRITION SERVICES

### Featured Specials of the

**Thursday, August 24**

Popcorn Chicken Mashed Potato Cheese  
& Gravy Bowl W.G. Dinner Roll Golden Kernel  
Corn & Fresh Veggies & Fruit Choices

**Friday, August 25**

Chicken Parmesan over Spaghetti w Shredded  
Mozzarella & Marinara Sauce w Garlic Bread Stick  
- Garden Salad w Lite Dressing &  
Fresh Veggies & Fruit Choices

## EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

**WELLNESS IS A WAY OF LIFE!**

*This year, our menu will again feature regular Wellness tips,  
showing how diet, exercise, and taking care of yourself can help  
ensure that you stay healthy and at the top of your game!*

### Featured Specials of the

**Monday, August 28**

Stuffed Chicken Breast w Cheeses & Ham w  
Garlic Bread Stick Fluffy Mashed Potatoes &  
Fresh Veggies & Fruit Choices

**Tuesday, August 29**

Italian Combo Platter w Garlic Bread Stick  
Tender Green Beans & Fresh Veggies  
Fruit Choices

**Wednesday, August 30**

Chicken Pot Pie & Biscuit  
Fluffy Whipped Potatoes & Fresh Veggies  
Fruit Choices

**Thursday, August 31**

General Tso Chicken over Rice W.G. Dinner Roll  
Steamed Broccoli & Fresh Veggies  
Fruit Choices

**Friday, September 1**

Buffalo Chicken Pizza Chicken or Spicy  
Chicken Sandwich Seasoned Peas & Fresh  
Veggies & Fruit Choices

**Monday, September 4**

★ **LABOR DAY** ★

**Tuesday, September 5**

Walking Taco w Cheese, Salsa, lettuce Sour  
Cream & Dinner Roll Refried Beans & Fresh  
Veggies & Fruit Choices

**Wednesday, September 6**

Rotini Pasta w Meat Sauce, Garlic Bread Stick  
Garden Salad w lite Dressing & Fresh Veggies  
Fruit Choices

**Thursday, September 7**

BBQ Bacon Chicken Quesadilla Sandwich  
Golden Corn & Fresh Veggies & Fruit Choices

**Friday, September 8**

Oven Rising Assorted Pizzas-Vegetable,  
Sausage or Pepperoni  
Deluxe Chicken Patty or Spicy Chicken Patty  
Seasoned Mixed Vegetables & Fresh Veggies &  
Fruit Choices





## Featured Specials of the

### Monday, September 11

Rib Bar Bee Que Sandwich  
Homemade Baked Beans & Fresh Veggies  
Fruit Choices

### Tuesday, September 12

French Toast Slices w Syrup w Ember Farms  
Sausage Link Baked Hash Browns & Fresh  
Veggies & Fruit Choices

### Wednesday, September 13

Beef & Cheese Nachos Grande w Salsa & Sour  
Cream W.G. Dinner Roll  
Refried Beans & Fresh Veggies  
Fruit Choices

### Thursday, September 14

Deluxe Ribeye Steak Sandwich on Cellones w  
Provolone or American Cheese  
Oven Fries & Fresh Veggies  
Fruit Choices

### Friday, September 15

Mexican Pizza, Chicken or Spicy Chicken  
Sandwich Garden Salad w Lite Dressing &  
Fresh Veggies & Fruit Choices

**\*\*Reminder: River Valley School District is a CEP District. All students may receive a Breakfast & Lunch at NO CHARGE.—Ala Carte, Second & Staff meals, still need to be purchased. \*\***

## Featured Specials of the

### Monday, September 18

Hot Meatball Hoagie w Shredded Mozzarella  
Cheese Golden Kernel Corn & Fresh Veggies  
Fruit Choices

### Tuesday, September 19

Creamy Macaroni & Cheese w Side of Shrimp  
Poppers W.G. Dinner Roll Seasoned Mixed  
Vegetables & Fresh Veggies & Fruit Choices

### Wednesday, September 20

Buffalo Chicken with Corn Tortilla Chips & Salsa w  
W.G Dinner Roll Refried Beans & Fresh Veggies &  
Fruit Choices

### Thursday, September 21

Mandarin Orange Chicken over Rice  
W.G. Dinner Roll Steamed Broccoli  
& Fresh Veggies & Fruit Choices

### Friday, September 22

Loaded Baked Potato w Seasoned Beef, Cheese  
Sauce Bacon & Broccoli Deluxe or Spicy Chicken  
Sandwich Garden Salad w Lite Dressing & Fresh  
Veggies & Fruit Choices

### Monday, September 25

Vegetable Egg Rolls Rice w  
Duck Sauce Steamed Broccoli & Fresh Veggies  
Fruit Choice

### Tuesday, September 26

Beef Burrito Bowl w Salsa  
Mexican Corn & Fresh Veggies  
Fruit Choice

### Wednesday, September 27

Stuffed Shells w Meat Sauce & Garlic Bread Stick  
Garden Salad w Lite Dressing & Fresh Veggies &  
Fruit Choices

### Thursday, September 28

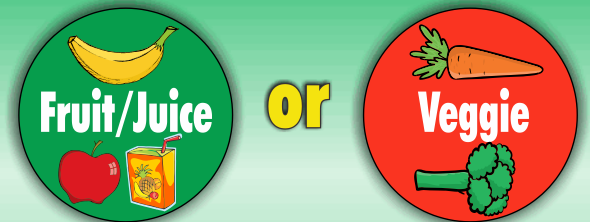
Pizza-burgers  
Tender Green Beans & Fresh Veggies  
Fruit Choices

### Friday, September 29

Homemade Stromboli w side of Marinara Sauce,  
Chicken or Spicy Chicken Sandwich  
Tender Green Beans & Fresh Veggies

# DON'T 4 GET!

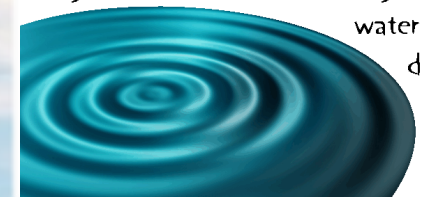
To make a lunch, choose at least one



BREWSTER CENTRAL SCHOOL DISTRICT  
CHILD NUTRITION SERVICES

## RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure



water throughout the day, and try to make a habit of choosing water instead of soda.

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