

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 Vegies. 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 Vegies & Fruit Choices

Friday, August 25

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

Tuesday, August 29

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

Wednesday, August 30

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

Thursday, August 31

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

Friday, September 1

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

Monday, September 4

★ **LABOR DAY** ★

Tuesday, September 5

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

Wednesday, September 6

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

Thursday, September 7

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

Friday, September 8

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



We're **SO GLAD** to see you again! It's going to be a **GREAT YEAR!**

Featured Specials of the

Monday, September 11

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

Tuesday, September 12

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

Wednesday, September 13

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

Thursday, September 14

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

Friday, September 15

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

Tuesday, September 19

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

Wednesday, September 20

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

Thursday, September 21

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

Monday, September 25

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

Tuesday, September 26

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

Wednesday, September 27

Stuffed Shells w Meat Sauce & Garlic Bread Stick
Garden Salad w Light Dressing & Fresh Vegies &
Fruit Choices

Thursday, September 28

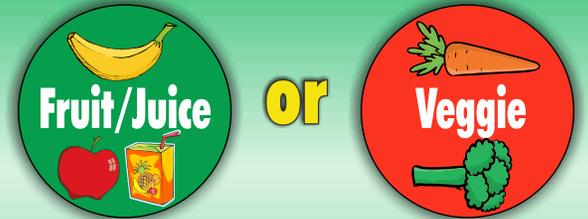
Pizza-burgers
Tender Green Beans & Fresh Vegies
Fruit Choices

Friday, September 29

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

DON'T 4 GET!

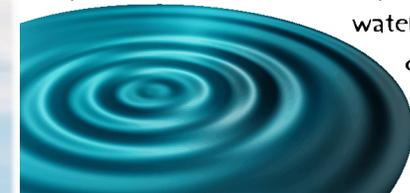
To make a lunch, choose at least one



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.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!