



Menus for November 2023

**Blairsville &
Saltsburg
Elementary**

*This institution is
an equal oppor-
tunity*

DON'T 4GET!

To make a lunch,
choose at least one



or



and 3-5
items
total

RIVER VALLEYSCHOOL CHILD NUTRITION SERVICES

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG



RIVER VALLEYSCHOOL DISTRICT NUTRITION

Wednesday, November 1

Breakfast

Super Bakery
Blueberry Munchkins
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Pierogis w or
w out onions W.G.
Dinner Roll
Boneless Wing Boat
w Garlic Bread Stick
Glazed Carrots
Three Bean Salad

Thursday, November 2

Breakfast

French Toast Benefit Bar
Choice of Fruit or
Fruit Juice &
Milk Choice

Lunch

Popcorn Chicken Mashed
Potato Cheese & Gravy
Bowl W.G. Dinner Roll
Wow Butter Jammer
Cheese Stick & Crackers
Golden Kernel Corn
Baby Whole Peeled
Carrots

Friday, November 3

Breakfast

Raspberry Cream Bar
Choice of Fruit & or
Fruit Juice
Milk Choice

Lunch

Personal Pizza
Crispy Fish Sticks
Garden Salad w Lite
Dressing
Seasoned Peas

PLEASE JOIN US FOR OUR



THURSDAY, NOVEMBER 9TH

Monday, November 6

Breakfast

Strawberry Mini
Pancakes
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Rodeo burger or
Hamburger
W.G. Corn Dog
Homemade Baked
Beans Golden Kernel
Corn

Tuesday, November 7

Breakfast

Super Bakery
Powdered Minis
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Creamy Macaroni &
Cheese w W.G. Dinner
Roll Juicy Chicken Patty
Seasoned Mixed
Vegetables
Sliced Beets

Wednesday, November 8

Breakfast

Plain Yogurt w Granola
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Beef & Cheese
Nachos Grande
Salsa & Sour Cream
W.G. Dinner Roll
Boneless Wing Boat
w Garlic Bread Stick
Refried Beans
Baby Whole Peeled Carrots

Thursday, November 9

Breakfast

Cream Cheese
Bagel Stick
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Turkey Scramble
Fluffy Whipped
Potatoes & Gravy
Golden Kernel Corn
Wow Butter Jammer
Cheese Stick & Crackers
Orange Swirl Sherbet

Friday, November 10

Thank You



★ VETERANS' DAY ★
NOVEMBER 11

BALANCING ACT.

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits, veggies, and grains might need a daily vitamin. But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.



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



Center of Attention!

Turkey is the star attraction on many Thanksgiving tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, November 13

IN -SERVICE DAY

NO SCHOOL

Tuesday, November 14

PARENT

TEACHER

CONFERENCES

NO SCHOOL

Wednesday, November 15

Breakfast

Dinner Roll & Cheese Stick
Choice of Fruit & or Fruit Juice Milk Choice

Lunch

Rib Bar Bee Que Sandwich w BBQ Sauce
Boneless Wing Boat w Garlic Bread Stick
Garden Salad w Lite Dressing
Sliced Beets

Thursday, November 16

Breakfast

Banana C.C. Benefit Bar
Choice of Fruit & or Fruit Juice Milk

Lunch

Chicken Cheese Quesadilla w Salsa
Wow Butter Jammer w Cheese Stick & Crackers
Tender Green Bens
Fresh Broccoli Florets

Friday, November 17

Breakfast

Super Bakery Cocoa Minis
Choice of Fruit & or Fruit Juice Milk Choice

Lunch

French Bread Pizza
Crispy Fish Sticks
Garden Salad w Lite Dressing
Seasoned Peas

Monday, November 20

Breakfast

Super Bakery Dunkin Sticks
Choice of Fruit & or Fruit Juice Milk Choice

Lunch

Crispy Chicken Nuggets w Dipping Sauce
W.G Dinner Roll
W.G. Corn Dog
Homemade Baked Beans
Three Bean Salad

Tuesday, November 21

Breakfast

W.G. Cherry Muffin
Choice of Fruit & or Fruit Juice Milk Choice

Lunch

French Toast Slices w Warm Syrup & Ember Farms Sausage Link
Juicy Chicken Patty
Baked Hash Browns
Baby Whole Peeled Carrots

HAPPY THANKSGIVING



shutterstock

IMAGE ID: 112640237
www.shutterstock.com

Tuesday, November 28

**PARENT
TEACHER
CONFERENCES**

Need Extra Spending Money? Work a few hours with us subbing while your kids are in school

Call the food service office for details (724) 343-8417

Wednesday, November 29

Breakfast

Strawberry Toaster Pastry
Choice of Fruit & or Fruit Juice Milk Choice

Lunch

Rotini W Meat Sauce & Garlic Bread Stick
Boneless Wing Boat w Garlic Bread Stick
Garden Salad w Lite Dressing
Fresh Celery Sticks

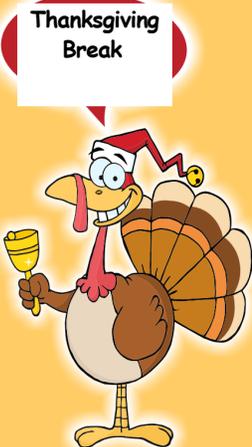
Thursday, November 30

Breakfast

Super Bakery Pull Apart Daisey
Choice of Fruit & or Fruit Juice Milk Choice

Lunch

Cherry Blossom Chicken over Rice
W.G. Dinner Roll
Wow Butter Jammer w Cheese Stick & Crackers
Steamed Broccoli



I am the letter

C

cranberries