



## 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**

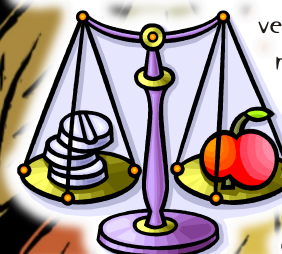
# Thank You



★ 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!**

\*ASSORTED CEREAL, WHOLE GRAIN CRACKERS & FRUIT CHOICE AVAILABLE DAILY AS A BREAKFAST ALTERNATE \*





# 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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



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