

November

2023

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

Featured Specials of the Day

Wednesday, November 1

Pierogis w or w out Onions & Fish Sticks
w W.G. Dinner Roll Glazed Carrots
& Fresh Veggies & Fruit Choices

Thursday, November 2

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

Friday, November 3

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

Monday, November 6

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

Tuesday, November 7

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

Wednesday, November 8

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

Thursday, November 9

Turkey Scramble w Fluffy Whipped Potatoes
& Gravy Golden Kernel Corn & Fresh Veggies
Fruit Choices Orange Sherbet

Friday, November 10

VETERANS DAY
NO SCHOOL

4.2

BY THE NUMBERS
IN MILLIONS, THE NUMBER OF
TIMES THE AVERAGE PERSON
BLINKS HIS OR HER EYES IN A YEAR

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!

STRANGE
BUT TRUE!



FROM 2006
THROUGH 2016
79% OF PEOPLE
KILLED BY LIGHTNING
STRIKES IN THE U.S.
WERE MEN!
WHY? DO MEN
HAVE MORE IRON IN
THEIR BLOOD?
TURNS OUT THE
ANSWER IS MUCH

MORE MUNDANE. WHEN DANGEROUS WEATHER OCCURS,
MEN ARE FAR MORE LIKELY THAN WOMEN TO KEEP
GOLFING OR SWIMMING OR DOING WHATEVER THEY'RE
DOING DESPITE THE THREAT. **TALK ABOUT NOT
KNOWING ENOUGH TO COME IN FROM THE RAIN!**

PLEASE JOIN US FOR OUR



THURSDAY, NOVEMBER 9

Featured Specials of the Day

Monday, November 13

In-Service Day

No School

Tuesday, November 14

Parent Teacher Conferences

No School

Wednesday, November 15

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

Thursday, November 16

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

Friday, November 17

Fish Sandwich w Shrimp Poppers Deluxe or
Spicy Chicken Sandwich Garden Rice Pilaf w
Seasoned Mixed Vegetables & Fresh Veggies
Fruit Choices

Please See Reverse for
Items Available Daily

Featured Specials of the Day

Monday, November 20

Hot Roast Beef Sandwich w Gravy & Fluffy
Whipped Potatoes Fresh Veggies
& Fruit Choices

Tuesday, November 21

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

Thanksgiving

Enjoy your Holiday!

See you Wednesday!

Tuesday, November 28

Parent Teacher Conferences

No School

Wednesday, November 29

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

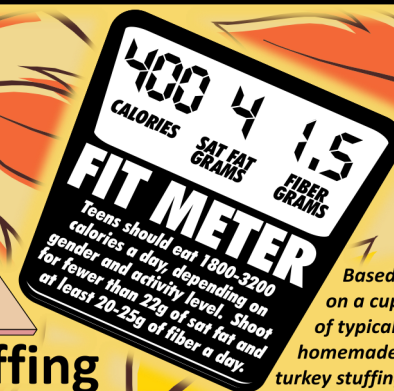
Thursday, November 30

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

eatfit

wanna stay fit?

gotta eat right!



item: stuffing

verdict: easy there, pilgrim

tip: A cup of Thanksgiving stuffing contains 18g of fat, 4 of which are saturated. That's a third of the recommended daily max for both, and it's very easy to eat two cups or three cups -- and more over the next few days. If you're not careful, you'll need to charter the Mayflower to haul all that fat away!

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

RIVER VALLEY SCHOOL DISTRICT CAFÉ SERVICES