

Menus for April

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

Monday, April 1
SPRING BREAK—NO SCHOOL

Tuesday, April 2
Grilled Cheese Sandwich w
Creamy Tomato Soup & Fresh Veggies
Fruit Choices

Wednesday, April 3
Rigatoni Pasta w Meat Sauce,
Garlic Bread Stick Garden Salad w lite
Dressing, Fresh Veggies & Fruit Choices

Thursday, April 4
General Tso Chicken over Rice
W.G. Dinner Roll Steamed Broccoli
& Fresh Veggies & Fruit Choices

Friday, April 5
Vegetable Egg Rolls w Rice & Duck Sauce w
Fish Sticks Deluxe Chicken Patty or
Spicy Chicken Patty Seasoned Mixed
Vegetables & Fresh Veggies & Fruit Choices

Monday, April 8
Hot Meatball Hoagie w Shredded Mozzarella
Cheese Golden Kernel Corn
& Fresh Veggies & Fruit Choices

Tuesday, April 9
Cheese Ravioli w Meat Sauce, Garlic Bread Stick
Garden Salad w lite Dressing &
Fresh Veggies & Fruit Choices

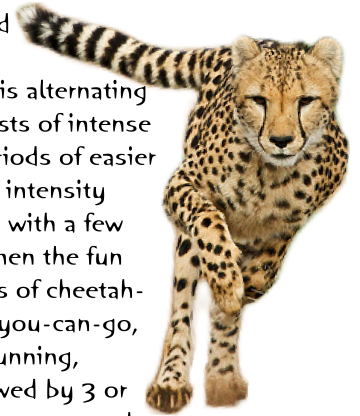
Wednesday, April 10
Walking Taco w Cheese, Salsa, lettuce
Sour Cream & Dinner Roll Refried Beans
& Fresh Veggies & Fruit Choices

Thursday, April 11
Deluxe Chicken Tenders Basket
W Garlic Breadstick & Ranch
Homemade Baked Beans &
Fresh Veggies & Fruit Choices

Friday, April 12
Loaded Baked Potato w, w/o Chili,
Cheese Sauce, Bacon & Broccoli &
Sour Cream Deluxe or Spicy Chicken Sandwich
Garden Salad w Lite Dressing
Fresh Veggies & Fruit Choices

INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.



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

WORLD'S GREATEST APRIL FOOL'S TRICKS!

On the morning
of April 1, 1974,
citizens of Sitka,

Alaska awoke to find
Mount Edgecumbe, the
long-dormant volcano
that looms over their
town, belching black
smoke! *Was the volcano
suddenly coming to life?!*



NO!!! A local prankster and his buddies had helicoptered a bunch of old tires into the crater and then set them ablaze. When a Coast Guard plane flew over the smoldering cauldron, the pilot saw the words "**APRIL FOOL!**" stomped out in the snow!

See the other side for more all-time great pranks!

OUR NATION'S HISTORY

The Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long – soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.



WITH LIBERTY & JUSTICE FOR ALL

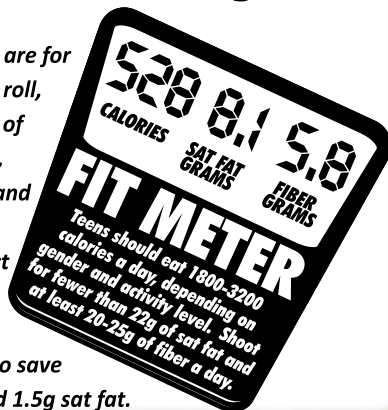
eatfit

wanna stay fit?
gotta eat right!



item:
turkey
sandwich
verdict: gobble

tip: These numbers are for a small whole-grain sub roll, 3 ounces of turkey, 1 oz. of cheese (about one slice), lettuce, tomato, onion, and a tablespoon of mayo. Without cheese, subtract 110 calories and 5g of saturated fat. Hold the mayo (or use mustard) to save another 100 calories and 1.5g sat fat.



Featured Specials of the

Monday, April 15

Honey Siracha Chicken over Rice
W.G. Dinner Roll Steamed Broccoli
& Fresh Veggies & Fruit Choices

Tuesday, April 16

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

Wednesday, April 17

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

Thursday, April 18

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

Friday, April 19

Panther Power Bowl with Taco Chicken, Rice,
Golden Corn & Black Beans
& Fresh Veggies & Fruit Choices

Featured Specials of the

Monday, April 22

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

Tuesday, April 23

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

Wednesday, April 24

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

Thursday, April 25

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

Friday, April 26

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

Monday, April 29

Deluxe Ribeye Steak Sandwich on
Cellones Roll w Provolone or American
Fluffy Whipped Potatoes & Fresh Veggies
Fruit Choices

Tuesday, April 30

Swedish Meatballs over Buttered Noodles
w Garlic Bread Stick Glazed Carrots &
Fresh Veggies & Fruit Choices



APRIL 22

Please see the other page