

Menus for May 2024

RIVER VALLEY SECONDARY

This institution is an equal opportunity provider.

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

Featured Specials of the

Wednesday, May 1

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

Thursday, May 2

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

Friday, May 3

Vegetable Egg Roll w Fish Sticks
& Rice w Duck Sauce
Glazed Carrots & Fresh Vegies
Fruit Choice

Monday, May 6

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

Tuesday, May 7

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

Wednesday, May 8

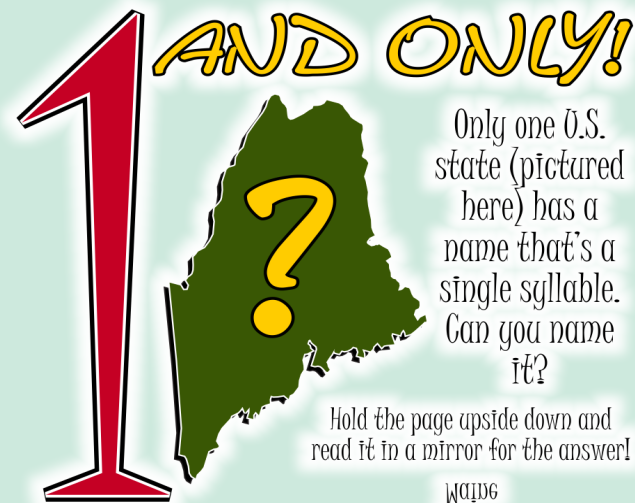
Buffalo Chicken with Corn Tortilla Chips &
Salsa w W.G Garlic Bread Stick Refried Beans &
Fresh Vegies & Fruit Choices

Thursday, May 9

Nacho Fries Grande w Cheese Salsa
Sour Cream & Dinner Roll
Refried Beans & or Green Beans
Fresh Vegies & Fruit Choice

Friday, May 10

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



Need Extra Spending Money? Work a few hours with us subbing or to perm while your kids are in school. Call the food service office for details (724) 343-8417



Congratulations and best of luck to all members of the class of 2024!!

Don't Forget Mothers Day



MOTHERS DAY MAY 12

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



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

Featured Specials of the

Monday, May 13

Super Large Chicken Nugget Boat w
 Garlic Bread Stick & Dipping Sauces
 Cheesy Whipped Potatoes
 Fresh Veggies & Fruit Choices

Tuesday, May 14

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

Wednesday, May 15

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

Thursday, May 16

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

Friday, May 17

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

Featured Specials of the

Monday, May 20

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

Tuesday, May 21

Chicken & Biscuit w Gravy
 Fluffy Whipped Potatoes & Fresh Veggies
 Fruit Choices

Wednesday, May 22

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

Thursday, May 23

Kielbasa, Pub Burger or Deluxe Hot Dogs on The
 Grill w fixins Golden Kernel Corn
 & Fresh Veggies Fruit Choices

Friday, May 24

COOK'S CHOICE FRESH VEGIES
 FRUIT CHOICES

Monday, May 27

MEMORIAL DAY **NO SCHOOL TODAY**

Tuesday, May 28

COOK'S CHOICE FRESH VEGIES
 FRUIT CHOICES

Wednesday, May 29

HALF DAY BREAKFAST AVAILABLE

10 BY THE NUMBERS
 APPROXIMATE % OF THE U.S. POPULATION
 WHO SAY THEY ARE VEGAN OR VEGETARIAN.
 ACCORDING TO THE ALLIANCE FOR SCIENCE.

Summer Food Program June

Mon & Wed June 3rd– June 26

Grab & Go Brk & Lunch Meals

RVHS 11:00 AM—11:45 AM

