

Menus for August/September

Blairsville & Saltsburg

This institution is an equal



Wednesday, August 21

Breakfast

Cinnamon Dunkin Stix
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 Broccoli Florets

Thursday, August 22

Breakfast

Crumbles & Cream
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 w
Cheese Stick & Crackers
Golden Kernel Corn
Sliced Beets

Friday, August 23

Breakfast

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

Lunch

Stuffed Crust Pizza
W or W out Pepperoni
Crispy Fish Sticks
Whole Baby Peeled
Carrots
Seasoned Peas



Monday, August 26

Breakfast

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

Lunch

Chicken Nuggets w
Dipping Sauce
W.G. Corn Dog
Oven Fries
Three Bean Salad

Tuesday, August 27

Breakfast

Orange Dream Mini Loaf
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Grilled Cheese Sandwich
Juicy Chicken Patty
Creamy Tomato Soup
Fresh Celery Sticks

Wednesday, August 28

Breakfast

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

Lunch

All Beef Hot Dog on
Bun w Fixings
Boneless Wing Boat
w Garlic Bread Stick
Homemade Baked
Beans
Whole Baby Peeled
Carrots

Thursday, August 29

Breakfast

Celebration Benefit Bar
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
Fresh Red Pepper Strips

Friday, August 30

Breakfast

Belgian Maple Waffle
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Primo Stuffed Pizza
Sandwich
Crispy Fish Sticks
Garden Salad w Lite
Dressing
Tender Green Beans

YOU'RE GOOD
ALL STUDENTS EAT
ALL MEALS @ NO COST
AGAIN THIS YEAR

RIVER VALLEY SCHOOL DISTRICT

**HAPPY
LABOR DAY!**



Try not to be **BLUE**
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!

Tuesday, September 3

Breakfast

Toaster Pastry
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Chicken Cheese
Quesadilla
Juicy Chicken Patty
Garden Salad w Lite
Dressing
Sliced Beets

Wednesday, September 4

Breakfast

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

Lunch

Walking Taco w Cheese
Lettuce Salsa Sour
Cream w W.G.
Dinner Roll
Boneless Wing Boat
w Garlic Bread Stick
Refried Beans
Fresh Celery Sticks

Thursday, September 5

Breakfast

Super Bakery
Cinnamon Roll
Choice of Fruit or Fruit
Juice & Milk Choice

Lunch

Italian Combo Platter
W Garlic Bread Stick
Wow Butter Jammer w
Cheese Stick
& Crackers
Tender Green Beans
Fresh Broccoli
Florets

Friday, September 6

Breakfast

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

Lunch

Personal Pizza
Turkey Hot Dog on Bun
Garden Salad w Lite
Dressing
Whole Baby Peeled
Carrots

DON'T 4 GET!
Take at least **ONE**
FRUIT or VEGGIE
and at least **THREE**
items total so your meal
counts as a complete lunch!

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

Monday, September 9

Breakfast

Banana Bread Slice
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Rib Bar Bee Que
Sandwich w BBQ Sauce
W.G. Corn Dogs
Homemade Baked
Beans
Tender Green Beans

Tuesday, September 10

Breakfast

Dinner Roll &
Cheese Stick
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

Wed., September 11

Breakfast

Sky B. Coffee Cake
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, September 12

Breakfast

Apple Frudel
Choice of Fruit or Fruit Juice
Milk Choice

Lunch

Meatballs w Gravy over
Buttered Noodles
W.G. D. Roll
Wow Butter Jammer
w Cheese Stick & Crackers
Glazed Carrots
Fresh Cucumber &
Grape Tomato

Friday, September 13

Breakfast

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

Lunch

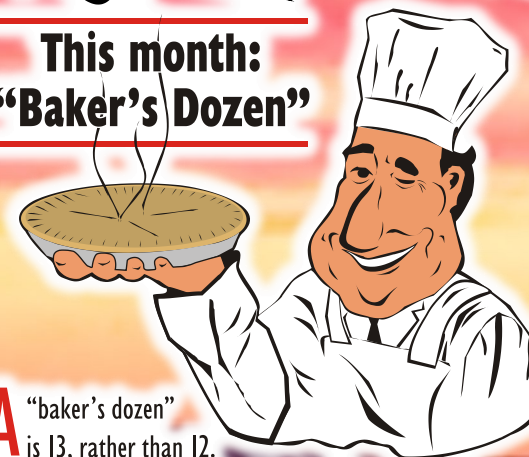
French Bread Pizza
Crispy Fish Sticks
Garden Salad w Lite
Dressing
Seasoned Peas

Where do all of our
crazy names for
food come
from?



**WORDS
OF
MOUTH**

**This month:
“Baker’s Dozen”**



A “baker’s dozen”
is 13, rather than 12.

The term comes from way back in the 13th century, when bakers in England could be punished severely for not giving their customers as much bread, by weight, as they had paid for. To avoid the punishment, bakers would include an extra piece in each dozen, just to be sure!

Monday, September 16

Breakfast

Pumpkin Bread
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Hot Meatball Hoagie
W Shredded Mozzarella
W.G. Corn Dogs
Golden Kernel Corn
Homemade Baked
Beans

Tuesday, September 17

Breakfast

Moist Cherry Muffin
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

Wed., September 18

Breakfast

Mini French Toast
Squares
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Lunchable: Turkey,
Cheese Stick, Cucumbers,
Grape Tomatoes, Rach Dip
& Crackers
Boneless Wing Boat
w Garlic Bread Stick
Hash Browns
Baby whole Peeled Carrots

Thursday, September 19

Breakfast

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

Lunch

Mandarin Orange Chicken
Over Rice
W.G. Dinner Roll
Wow Butter Jammer
w Cheese Stick & Crackers
Steamed Broccoli
Fresh Red Pepper Strips

Friday, September 20

Breakfast

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

Lunch

Homestyle Mozzarella
Bread Sticks w Side of
Marinara Sauce
Fish Sticks
Garden Salad w Lite
Dressing
Tender Green Beans

Monday, September 23

Breakfast

Cocoa Bread Slice
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Bacon Cheese Burger
W.G. Corn Dog
Homemade Baked Beans
Three Bean Salad

Tuesday, September 24

Breakfast

Mini Cini
Choice of Fruit & or
Fruit Juice Milk Choice

Lunch

Chicken & Biscuit w
Juicy Chicken Patty
Fluffy Whipped
Potatoes
Fresh Broccoli Florets

Wed., September 25

Breakfast

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

Lunch

Cheese Steak Hoagie w
Lettuce
Boneless Wing Boat
w Garlic Bread Stick
Garden Salad Lite
Dressing
Fresh Celery Sticks

Thursday, September 26

Breakfast

Super Bakery Pull
Apart Daisy
Choice of Fruit or Fruit
Juice Milk Choice

Lunch

Pizza-Burgers
Wow Butter Jammer
w Cheese Stick &
Crackers
Seasoned Green Beans
Whole Peeled Baby
Carrots

Friday, September 27

Breakfast

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

Lunch

Stuffed Crust Pizza
W or WO Pepperoni
Hot Fish Sandwich
W.G Dinner Roll
Garden Salad Lite
Dressing
Seasoned Peas

Monday, September 30

Breakfast

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

Lunch

Stacked Pulled Pork
Sandwich
W.G. Corn Dog
Oven Fries
Tender Green Beans

NUTRITION TO GO

Broccoli is a “smart carb,” a food
that provides lots of fiber and
complex carbohydrates that aid
digestion and make you feel full
longer. Broccoli’s good for bone
health, heart health, cancer
prevention, reducing cholesterol,
and even reducing allergies
and inflammation!

A QUICK BITE FOR PARENTS

***FRUIT CHOICE AND MILK CHOICE AVAILABLE EVERY DAY WITH LUNCH ***