



Menus for August/Sept.

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 Italian 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

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST AGAIN THIS YEAR

RIVER VALLEY SCHOOL DISTRICT NUTRITION SERVICES

Featured Specials

weanesaay, August 21

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

Thursday, August 22

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

Friday, August 23

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

****Reminder: River Valley School District is a CEP District. All students may receive a Breakfast & Lunch at NO CHARGE.—Ala Carte, Second & Staff meals, still need to be purchased. ****

Featured Specials

Monday, August 26

Deluxe Chicken Nugget Basket
W Garlic Breadstick & Ranch
Homemade Baked Beans &
Fresh Veggies & Fruit Choices

Tuesday, August 27

Grilled Cheese Sandwich w
Creamy Tomato Soup & Fresh Veggies
Fruit Choices

Wednesday, August 28

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

Thursday, August 29

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

Friday, August 30

Primo Stuffed Pizza, Buffalo Chicken or Beef &
Cheese Sandwiches Chicken or Spicy Chicken
Sandwich Seasoned Peas & Fresh Veggies & Fruit
Choices

Monday, September 2



Tuesday, September 3

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

Wednesday, September 4

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

Thursday, September 5

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

Friday, September 6

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



We're **SO GLAD** to see
you again! It's going to be a
GREAT YEAR!

Featured Specials

Monday, September 9

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

Tuesday, September 10

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

Wednesday, September 11

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

Thursday, September 12

Deluxe Ribeye Steak Sandwich on Cellones w
Golden Kernel Corn Provolone or American
Cheese
& Fresh Veggies
Fruit Choices

Friday, September 13

Primo Stuffed Pizza, Buffalo Chicken or Beef &
Cheese Sandwiches Chicken or Spicy Chicken
Sandwich Garden Salad w Lite Dressing &
Fresh Veggies & Fruit Choices

Featured Specials

Monday, September 16

Hot Meatball Hoagie w Shredded Mozzarella
Cheese Oven Fries & Fresh Veggies
Fruit Choices

Tuesday, September 17

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

Wednesday, September 18

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

Thursday, September 19

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

Friday, September 20

Vegetable & Chicken Egg Rolls Rice Duck Sauce
Primo Stuffed: Pizza, Buffalo Chicken or Beef &
Cheese Sandwiches Chicken or Spicy Chicken
Sandwich Tender Green Beans
Fresh Veggies & Fruit Choice

Monday, September 23

Loaded Baked Potato w Chili, Cheese Sauce
Bacon & Broccoli Fresh Veggies
Fruit Choices

Tuesday, September 24

Homemade Stromboli w side of Marinara Sauce,
Chicken or Spicy Chicken Sandwich
Garden Salad w Light Dressing, Fresh Veggies
Fruit Choices

Wednesday, September 25

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

Thursday, September 26

Pizza-burgers W Tender Green Beans
Fresh Veggies
Fruit Choices

Friday, September 27

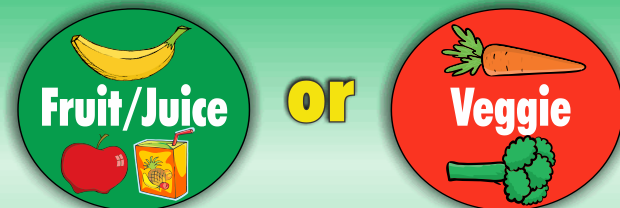
Stuffed Shells w Meat Sauce & Garlic Bread Stick
Tender Green Beans & Fresh Veggies
Fruit Choices

Monday, September 30

Stacked Pulled Pork Sandwich
Oven French Fries Fresh Veggies
Fruit Choices

DON'T GET!

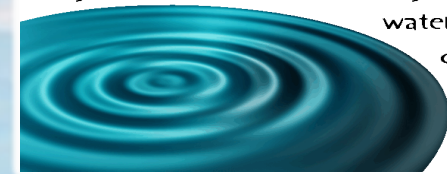
To make a lunch, choose at least one



RIVER VALLEY SCHOOL DISTRICT
CHILD NUTRITION SERVICES

RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.



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

100 BY THE NUMBERS
NUMBER OF VOCALS SOUNDS
THAT CATS CAN MAKE. DOGS
MAKE ABOUT 10 SOUNDS.