RIVER VALLEY SECONDARY

November 2024

This institution is an equal

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 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

Friday, November 1

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

Monday, November 4 Hot Meatball Hoagie w Shredded Mozzarella Cheese Oven Fries Fresh Vegies Fruit Choices

Tuesday, November 5

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

Wednesday, November 6

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

Thursday, November 7 Kielbasa Sandwich w Onions & Peppers Golden Corn & Fresh Vegies & Fruit Choices

Friday, November 8

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

SOME QUESTIONED JOE'S TASTE IN HEADGEAR AND SOME WONDERED ABOUT HIS CHOICE OF DENTISTS. BUT NO ONE POUFTED THE SIZE OF EITHER HIS ADPETITE OR HIS MOUTH. AND NO ONE WAS FOOLISH

AND NO ONE WAS FOOLISH ENOUGH TO STAND IN HIS WAY WHEN HE GOT IN LUNCH LINE AT SCHOOL!

GOOD Contraction of the set two bictures is

It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-

important nutrient should look like this stuff: fresh whole fruits and veggies, beans, nuts,



and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least



50% whole grains. Try to get most of your fiber where it occurs naturally, rather than

from highly processed foods that include fiber as an added ingredient so they can be sold as "high fiber."

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



While we're on the subject of fiber, it's worth noting that the star of many Thanksgiving dinners -- roast turkey -- contains no fiber at all. But that's OK! Turkey is a low-fat, low-calorie source of high-quality protein, worthy of your plate any day of the year! Just don't go too crazy with the gravy on Thanksgiving or with the mayo when you're eating the leftovers on a sandwich. And look for other good sources of fiber on the holiday table: broccoli, carrots, sweet potatoes, and even cranberry sauce and pumpkin pie are all good fiber sources, although, as always, watch the sweet stuff.

Featured Specials of the

Monday, November 11 VETERAN'S DAY NO SCHOOL

Tuesday, November 12 .Chicken & Biscuit w Gravy Fluffy Whipped Potatoes Fresh Vegies & Fruit Choices

Wednesday, November 13 Rotini Pasta w Meat Sauce, Garlic Bread Stick Garden Salad w lite Dressing, Fresh Vegies & Fruit Choices

.**Thursday, November 14** General Tso Chicken over Rice W.G. Dinner Roll Steamed Broccoli & Fresh Vegies Fruit Choices

.**Friday, November 15** Fish Sandwich w Shrimp Poppers Deluxe or Spicy Chicken Sandwich w Seasoned Mixed Vegetables & Fresh Vegies Fruit Choices

WITH

"Penguin" comes from the words meaning "white head" in Welsh. Anyone notice a problem here?

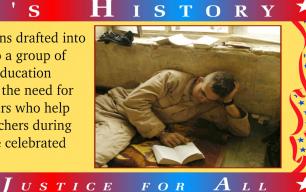
Please see other page for items available daily

Our Nation's

uring World War I, 25% of Americans drafted into the Army couldn't read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help students learn. Please remember to thank your teachers during this year's American Education Week, which will be celebrated later this month, from November 18-22.

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Featured Specials of the

Monday, November 18

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

Tuesday, November 19 French Toast Slices w Syrup w Ember Farms Sausage Link Baked Hash Browns & Fresh Vegies & Fruit Choices

Wednesday, November 20 Chicken Parmesan over Spaghetti w Shredded Mozzarella & Marinara Sauce & Garlic Bread Stick Garden Salad w Lite Dressing & Fresh Vegies & Fruit Choices

Thursday, November 21 Turkey Scramble w Fluffy Whipped Potatoes & Gravy Golden Kernel Corn & Fresh Vegies Fruit Choices Chocolate or Vanilla Pudding

Friday, November 22 Bacon Cheeseburger Deluxe Chicken Patty or Spicy Chicken Patty Villa Pizza & Fresh Vegies & Fruit Choices

Monday, November 25

Deluxe Chicken Nugget Basket W Garlic Breadstick & RanchHomemade Baked Beans & Fresh Vegies & Fruit Choices

Tuesday, November 26

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

