

# 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 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

### Friday, November 1

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

### Monday, November 4

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

### Tuesday, November 5

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

### Wednesday, November 6

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

### Thursday, November 7

Kielbasa Sandwich w Onions & Peppers  
Golden Corn & Fresh Veggies  
& Fruit Choices

### Friday, November 8

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



SOME QUESTIONED JOE'S **TASTE**  
**IN HEADGEAR**  
AND SOME WONDERED  
ABOUT HIS **CHOICE**  
**OF DENTISTS.**  
BUT NO ONE DOUBTED  
THE SIZE OF EITHER  
HIS **APPETITE**  
OR HIS **MOUTH.**  
AND NO ONE WAS FOOLISH  
ENOUGH TO STAND IN HIS  
WAY WHEN HE **GOT IN**  
**THE LUNCH LINE AT SCHOOL!**

# YOU'RE GOOD



## ALL STUDENTS EAT ALL MEALS @

# NO COST ALL YEAR LONG

RIVER VALLEY SCHOOL DISTRICT

## FIND THE FIBER.

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!**



# eatfit

## wanna stay fit? gotta eat right!



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 Veggies & Fruit Choices

**Wednesday, November 13**

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

**Thursday, November 14**

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

**Friday, November 15**

Fish Sandwich w Shrimp Poppers  
Deluxe or Spicy Chicken Sandwich w  
Seasoned Mixed Vegetables & Fresh Veggies  
Fruit Choices

## Penguin

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

# Word Play



Please see other  
page for items  
available daily

## Featured Specials of the

**Monday, November 18**

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

**Tuesday, November 19**

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

**Wednesday, November 20**

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

**Thursday, November 21**

Turkey Scramble w Fluffy Whipped Potatoes  
& Gravy Golden Kernel Corn & Fresh Veggies  
Fruit Choices Chocolate or Vanilla Pudding

**Friday, November 22**

Bacon Cheeseburger Deluxe Chicken Patty or  
Spicy Chicken Patty Villa Pizza  
& Fresh Veggies & Fruit Choices

**Monday, November 25**

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

**Tuesday, November 26**

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

## ★ OUR NATION'S HISTORY ★

**D**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.



## ★ WITH LIBERTY & JUSTICE FOR ALL ★

# THANKSGIVING!

ENJOY YOUR HOLIDAY!  
SEE YOU TUESDAY!