

RIVER VALLEY SECONDARY

Menus December 2024

This institution is an equal opportunity provider.
Menus are subject to change.

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

Monday, December 2

Thanksgiving Break Continued No School

Tuesday, December 3

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

Wednesday, December 4

Deluxe Ribeye Steak Sandwich on Cellones Roll w
Golden Kernel Corn Provolone or American Cheese

Thursday, December 5

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

Friday, December 6

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



Merry Christmas

1.76 BY THE NUMBERS
THE NUMBER OF CANDY CANES
MANUFACTURED EACH YEAR FOR
THE HOLIDAYS, IN BILLIONS.

eat fit

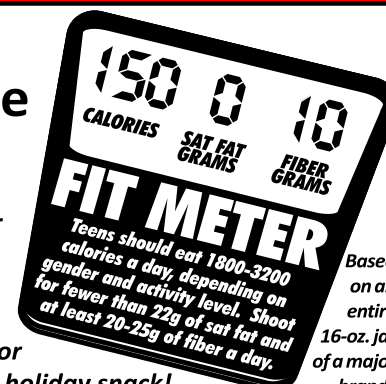
wanna stay fit?
gotta eat right!



item: salsa

verdict: hot for the holidays

tip: When you find yourself reaching mindlessly for yet another round of holiday snacks, make an effort, once in awhile, to reach for salsa. It's low in calories, it's high in flavor, and it's RED and GREEN, for cryin' out loud! Salsa is the perfect holiday snack!



Featured Specials of the

Monday, December 9

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

Tuesday, December 10

Swedish Meatballs over Buttered Noodles w Garlic
Bread Stick Glazed Carrots & Fresh Veggies
Fruit Choices

Wednesday, December 11

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

Thursday, December 12

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

Friday, December 13

Oven Rising Assorted Pizzas-Vegetable,
Sausage or Pepperoni
Deluxe Chicken Patty or Spicy Chicken Patty
Glazed Carrots & Fresh Veggies & Fruit Choices



Thursday, Dec. 19

DON'T LET THIS HAPPEN TO YOU!!!

SO THIS IS WHAT IT HAD COME TO FOR THE OLD FELLOW:
ONE CRAZY NIGHT FUELED BY SUGAR, BUTTER, AND FLOUR,
FOLLOWED BY A **WEEK-LONG**
COOKIE COMA!



Featured Specials of the

Monday, December 16

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

Tuesday, December 17

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

Wednesday, December 18

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

Thursday, December 19

Holiday Ham w Dinner Roll
Cheesy Potatoes
Green Bean Casserole & Fresh Veggies
Fruit Choices

Friday, December 20

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

Wishing you and your family a
bright and happy Holiday Season!
George Coutsoumbis, Director of Food Services
& the Child Nutrition Staff at your school



Last day of school:
Friday, December 20

Classes resume:
Monday January 6th