

BLAIRSVILLE & SALTSBURG ELEMENTARIES

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

January 2025

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

RIVER VALLEY SCHOOL DISTRICT NUTRITION

ANIMAL APPETITES

Food becomes more scarce for a lot of birds in winter, especially in areas prone to snow and ice. A bird feeder or two helps them survive and gives you plenty of entertainment, no matter what winter is like in your neck of the woods!



SWEET DREAMS.



Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.

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

2025



The Chinese New Year begins with the new moon on January 29. 2025 is the Year of the Snake.

YEAR OF THE SNAKE

Monday, January 6

Breakfast

Yogurt & Granola
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, January 7

Breakfast

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

Lunch

Chicken Cheese Quesadilla
Juicy Chicken Patty
Glazed Carrots
Sliced Beets

Wednesday, January

Breakfast

Cinnamon Dunkin Stix
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Rigatoni W Meat Sauce & Garlic Bread Stick
Boneless Wing Boat w Garlic Bread Stick
Garden Salad w Lite Dressing
Fresh Broccoli Florets

Thursday, January 9

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, January 10

Breakfast

Belgian Maple Waffle
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, January 13

Breakfast

Lemon Bread Slice
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, January 14

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

Wednesday, January

Breakfast

Pumpkin Bread
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, January 16

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, January 17

Breakfast

Super Bakery Powdered Minis
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

Monday, January 20

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, January 21

Breakfast

Mini Cini
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

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

Wednesday, January

Breakfast

Sky B. Coffee Cake
Choice of Fruit & or Fruit
Juice Milk Choice

Lunch

Hot Italian Hoagie w
Dressing & Pickle
Boneless Wing Boat
w Garlic Bread Stick
Golden Kernal Corn
Fresh Celery Sticks

Thursday, January 23

Breakfast

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

Lunch

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

Friday, January 24

Breakfast

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

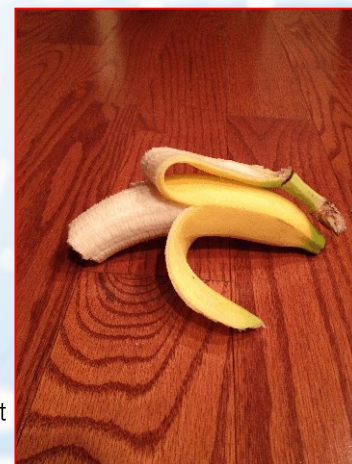
Lunch

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



Leave it alone.

You've heard of the "5 second rule," right? Don't buy it. Believe it or not, germs don't observe a waiting period, so there is no "safe" amount of time for food to be on the floor. If you can't wash it off, don't put it back on your plate!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 27

Breakfast

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

Lunch

Rodeo burger or
Cheeseburger
W.G. Corn Dog
Homemade Baked
Beans
Baby Whole Peeled
Carrots

Tuesday, January 28

Breakfast

Whole Grain Crackers &
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
Sliced Beets

Wednesday, January

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
Fresh Celery Sticks

Thursday, January 30

Breakfast

Apple Frudel
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, January 31

Breakfast

Super Bakery
Cocoa Minis
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

OUR NATION'S HISTORY



On January 31, 1865 – 160 years ago this month – Congress passed the 13th Amendment to the Constitution, outlawing slavery forever in the United States. The passage of the 13th Amendment culminated a great effort by President Abraham Lincoln and his cabinet and their allies in and out of Congress and ended centuries of enslavement for millions of Africans and African-Americans in the U.S. A great retelling of the story of the 13th Amendment is the film "Lincoln," by director Steven Spielberg.



WITH LIBERTY & JUSTICE FOR ALL

FRUIT CHOICE AND MILK CHOICE AVAILABLE EVERY DAY WITH LUNCH

Brain Ticklers



What do you get when you cross a snowman with a vampire bat?

(Hold the page upside down and read it in a mirror for the answer!)

Flipping!