

menus for January 2025

RIVER VALLEY SECONDARY

This institution is an equal opportunity provider .

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

Happy New Year

Welcome Back!
We hope you enjoyed your break!

★ 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 amendment culminated a great effort by

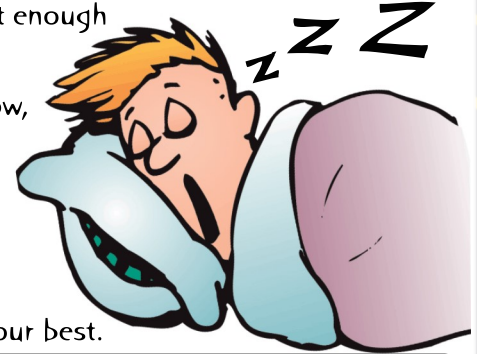


President Abraham Lincoln and his cabinet and their allies in Congress and ended centuries of enslavement for millions of Africans and African-Americans in the U.S. A great retelling of the story of the 13th Amendment is the film "Lincoln," by director Steven Spielberg.

★ **WITH LIBERTY & JUSTICE FOR ALL** ★

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!

Featured Specials of the Day

Monday, January 6

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

Tuesday, January 7

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

Wednesday, January 8

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

Thursday, January 9

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

Friday, January 10

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

PLEASE SEE OTHER PAGE FOR
ITEMS AVAILABLE DAILY

Featured Specials of the Day

Monday, January 13

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

Tuesday, January 14

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

Wednesday, January 15

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

Thursday, January 16

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

Friday, January 17

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

**YOU'RE
GOOD**



**ALL STUDENTS EAT ALL MEALS@
NO COST ALL YEAR LONG**

eatfit

**wanna stay fit?
gotta eat right!**



item: ketchup **verdict:** tomato-no

tip: The difference between ketchup and a tomato is like the difference between actual lightning . . . and a lightning bug.



Yes, ketchup is made using tomatoes, but ketchup also includes a ridiculous amount of added sugar. Plus, most of us Americans use ketchup mainly as a delivery vehicle for other high-salt, high-fat, high-calorie foods like fries and chicken nuggets. Listen, a little ketchup isn't going to hurt you. But ketchup is a condiment, not a lifestyle!



Featured Specials of the Day

Monday, January 20

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

Tuesday, January 21

Chicken & Biscuit w Gravy
Fluffy Whipped Potatoes
Fresh Veggies & Fruit Choices

Wednesday, January 22

Chicken Tiki Masala w Rice & Naan Bread
Seasoned Mixed Vegetables
Fresh Veggies & Fruit Choices

Thursday, January 23

Pizza-burgers W Tender Green Beans
Fresh Veggies
Fruit Choices

Friday, January 24

vegetable Egg Rolls w Rice & Duck Sauce w &
Fish Sticks Seasoned Mixed Vegetables
Fresh Veggies & Fruit Choices

Featured Specials of the Day

Monday, January 27

Honey Siracha Chicken over Rice
W.G. Dinner Roll Steamed Broccoli
& Fresh Veggies Fruit Choices

Tuesday, January 28

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

Wednesday, January 29

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

Thursday, January 30

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

Friday, January 31

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