

April 2025

RIVER VALLEY SECONDARY



This institution
is an equal
opportunity

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

Tuesday, April 1

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

Wednesday, April 2

Turkey Scramble w Fluffy Whipped Potatoes
& Gravy Golden Kernel Corn
Fresh Veggies & Fruit Choices

Thursday, April 3

Sloppy Joe on Bun
Seasoned Green Beans & Fresh Veggies
Fruit Choices

Friday, April 4

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

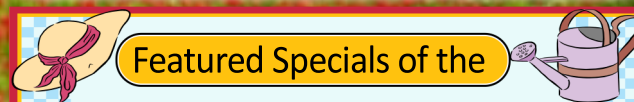


STATE OF MIND.

Physical activity isn't just good for your body.
Regular exercise has been shown to help guard
the mind against depression, too.



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



Featured Specials of the

Monday, April 7

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

Tuesday, April 8

Homemade Stromboli w side of Marinara
Chicken or Spicy Chicken Sandwich
Garden Salad w Light Dressing, Fresh Veggies
Fruit Choices

Wednesday, April 9

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

Thursday, April 10

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

Friday, April 11

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



★ OUR NATION'S HISTORY ★

The first Earth Day took place
55 years ago this month on
April 22, 1970. Wisconsin
Senator Gaylord Nelson, a
Democrat, and California
Congressman Pete McCloskey,
a Republican, co-chaired events at
schools, colleges, and parks across
the U.S. that drew 20 million Americans
outside on a Spring day to make a
commitment to care for the environment.
Earth Day is now celebrated in nearly
200 nations around the world.



★ WITH LIBERTY & JUSTICE FOR ALL ★

Featured Specials of the

Monday, April 14

Chicken Tender Wrap w
Shredded Lettuce & Ranch
Fresh Vegies & Fruit Choices

Tuesday, April 15

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

Wednesday, April 16

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

Thursday, April 17

Easter Break
No School

Friday, April 18

Good Friday
No School

eat fit

wanna stay fit?

gotta eat right!

item: "fast casual" burrito

verdict: choices matter



tip: So-called "fast casual" restaurants have a lot to offer -- but can also provide lots of calories, fat, and sodium. Skip the cheese and sour cream, get a 1/2 scoop of brown rice instead of white, and choose a bowl instead of a tortilla, and you'll get the meter numbers down to 675/6.5/1400.

Featured Specials of the

Monday, April 21

Easter Break
No School

Tuesday, April 22

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

Wednesday, April 23

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

Thursday, April 24

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

Friday, April 25

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

Monday, April 28

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

Tuesday, April 29

Stuffed Shells w Meat Sauce & Garlic Bread
Stick Tender Green Beans & Fresh Vegies
Fruit Choices

Wellness Wednesday, April 30

Farm to School Fresh Sliced Beef Steak
Hoagie on Bread-works Hoagie Roll
w Provolone or American Cheese
& Fresh Vegies Fruit Choices
& **Fabulous Wellness Fresh Fruit Cart**

GRAIN

Barley

Eating whole grains like barley provides the kind of fiber that helps prevent heart disease. Barley's robust, nutty flavor, along with that crucial dose of fiber, helps make any soup or stew even more heartwarming!



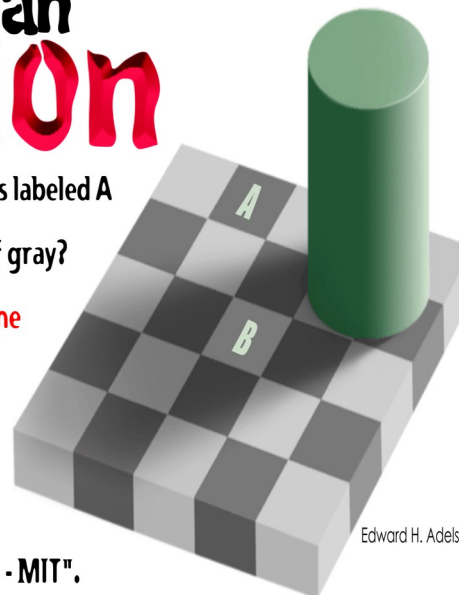
OF THE MONTH

Only an Illusion

Do you think the two squares labeled A and B are different shades of gray?

Guess what? They're the same

color! If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".



Edward H. Adelson

Please see the other page for items available daily