

River Valley School Food Service Summer Feeding Program



SUMMER MEALS! ALL KIDS EAT FREE!

No paperwork necessary. Must be 18 or under for free

Monday—Thursday
11:30 am - 12:00 Noon
June 15- July 23 2026

**BES & SES Have Hot Food Available
in the cafeteria**



Q: How long does food stay good in the fridge when the power goes out?



A: If the door isn't opened, food will stay good in a fridge for four hours after the power goes out. A full freezer can last up to 48 hours. Don't ever eat food that you think might have gone bad. Better safe than sorry!

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

Monday, July 13

Lunch

Chicken Patty on Bun
Whole Peeled Carrots
Fresh Apple Slices
1% Milk

Tuesday, July 14

Lunch

Cheeseburger on Bun
Oven Fries
Fresh Plums
1% Milk

Wednesday, July 15

Lunch

Rib BBQ Sandwich
Golden Kernel Corn
Fresh Pear
1% Milk

Thursday, July 16

Lunch

Big Daddy Pizza
Garden Salad / Dressing
Fresh Strawberries
1% Milk

Friday, July 17

NO LUNCH

TODAY

Monday, July 20

Lunch

Cheese Steak Hoagie
Golden Kernel Corn
Fresh Peach
1% Milk

Tuesday, July 21

Lunch

Hot Dog on Bun
Oven Baked Fries
Fresh Apple
1% Milk

Wednesday, July 22

Lunch

Chicken Wing Boat
Garlic Bread Stick
Fresh Celery Sticks
Fresh Nectarine
1% Milk

Thursday, July 23

Lunch

Rolled Bold Cheese Pizza
Garden Salad / Dressing
Fresh Plums
1% Milk

Friday, July 24

NO LUNCH

TODAY

IN THE SWIM.

Have fun around the water this summer, but please **BE SAFE**. Every year, about 4,000 Americans drown, many of them kids. Kids under 14 are more likely to drown in a swimming pool, while teens 15 and older are more likely to drown while swimming in a river, lake, or ocean. Know your ability and your limitations. And don't swim alone.



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