



APRIL | 2018

River Valley Middle High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	Spring Break ☺ March 31 through April 8, 2018 ☺			
9 <i>Welcome Back ☺</i> Hamburger* or Cheeseburger* Baked Beans Cooked Carrots Fruit Choice 2 nd Choice: Chef's Choice	10 Beef Taco* Lettuce, Tomato Cheese, Salsa Corn, Fiesta Beans Fruit Choice 2 nd Choice: WOW! Sandwich	11 Chicken Nuggets* Chocolate Chip Cookie* Green Beans Sweet Potato Fries Fruit Choice 2 nd Choice: Chef's Choice	12 Ravioli – Meat or Cheese Cheesy Bread Stick* Broccoli Cauliflower Fruit Choice 2 nd Choice: Chef's Choice	13 Pizza* or Boscos* Salad with Dressing Fresh Veggies Fruit Choice
16 Hot Dog* Baked Beans Cooked Carrots Fruit Choice 2 nd Choice: Chef's Choice	17 Chicken Taco* Lettuce, Tomato Cheese, Salsa Corn, Fiesta Beans Fruit Choice 2 nd Choice: WOW! Sandwich	18 French Toast Sticks Sausage Tri-Tater Cherry Tomato Fruit Choice 2 nd Choice: Chef's Choice	19 Mashed Potato Bowl* Corn Bread* Broccoli Cauliflower Fruit Choice 2 nd Choice: Chef's Choice	20 Pizza* or Boscos* Salad with Dressing Fresh Veggies Fruit Choice
23 Sloppy Joes* Baked Beans Cooked Carrots Fruit Choice 2 nd Choice: Chef's Choice	24 Fiesta Special ☺ Your choice Crispito*, Quesadilla*, or Nachos* Lettuce, Tomato Cheese, Salsa Corn, Black Beans Fruit Choice, Churro* 2 nd Choice: WOW! Sandwich	25 Hot or Not? Chicken Patty on a Bun* Green Beans Red Bell Peppers Fruit Choice 2 nd Choice: Chef's Choice	26 Pasta Bowl* Meat Sauce, Alfredo Sauce, or Cheese Sauce Broccoli Cauliflower Fruit Choice 2 nd Choice: Chef's Choice	27 Pizza* or Boscos* Salad with Dressing Fresh Veggies Fruit Choice
30 Hamburger* or Cheeseburger* Baked Beans Cooked Carrots Fruit Choice 2 nd Choice: Chef's Choice	Breakfast: FREE K12, Adult \$2.00 Milk not with lunch 50¢ Lunch: K5 \$2.50, MHS \$2.75, Adult \$3.75		<small> *The River Valley School District Board of Education does not discriminate on the basis of race, color, national origin, sex (including sexual orientation or transgender identity), disability, age, religion, height, weight, marital or family status, military status, ancestry, genetic information, or any other legally protected category, (collectively, "Protected Classes"), in its programs and activities, including employment opportunities. Any person who believes that he or she has been discriminated against or denied equal opportunity or access to the District's programs, activities, or services may contact the District's "Compliance Officers": Mrs. Heidi Clark, Elementary Principal (Extensions 1601/1701) or Mr. Patrick Breen, Middle/High School Principal (Extension 1032), 15480 Three Oaks Road, Three Oaks, Michigan 49128, 269-756-9541 *This institution is an equal opportunity provider* </small>	

MHS Breakfast

Grab 3-5 points
Don't forget a fruit or veggie

Daily Hot Breakfast Specials
(2 Pts ea) (no cheese, egg, or yogurt)

Monday: Chef's Choice

Tuesday: Chef's Choice

Wednesday: Chef's Choice

Thursday: Chef's Choice

Friday: Chef's Choice

1 and 2 pointers

Benefit Bar (2)

Cinnamon Swirl (2)

Choco. Donut (2)

Donut Ring(2)

Cereal (1)

Muffin (1)

Yogurt (1)

Cheese Stick (1)

Donut Hole (1)

Donut Stick (1)

Fruit Choices-1 pt ea, choose 1 or 2

4oz fruit cup or juice

Whole Fresh Fruit

Finish up with 1 point!

Milk Choice Skim or 1%

Questions, Comments, or Concerns –

Contact Jenny Jones 269-756-7606

or

jjones@rivervalley.schools.org