



DECEMBER | 2017

River Valley Middle/High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>"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 School 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"</p> <p>"This institution is an equal opportunity provider"</p>		<p>Breakfast: FREE K-12, Adult \$2.00 Lunch: K5 \$2.50, MHS \$2.75, Adult \$3.75</p> <p>Milk purchased separate from full lunch 50¢</p> <p>*Whole Grain Rich</p>		<p>1 Bosco Sticks* & Sauce Salad with Dressing Fresh Veggies Fresh Fruit Choice</p>
<p>4 Hot Dog* Sweet Potato Fries Baked Beans Peaches</p> <p>2nd Choice: Chicken Nuggets* & Pretzel Stick*</p>	<p>5 Beef Taco* Lettuce, Tomato Cheese, Salsa Refried Beans, Corn Pears</p>	<p>6 Hot Ham & Cheese* Fresh Veggies Fresh Fruit</p> <p>2nd Choice: Chicken Patty*</p>	<p>7 Mashed Potato Bowl* Corn Bread* Broccoli & Cauliflower Applesauce</p> <p>2nd Choice: Hamburger* or Cheeseburger*</p>	<p>8 Cheese Pizza* Salad with Dressing Fresh Veggies Fresh Fruit Choice</p>
<p>11 Hamburger* or Cheeseburger* Baked Beans Cooked Carrots Peaches</p> <p>2nd Choice: Chicken Nuggets* & Pretzel Stick*</p>	<p>12 Chicken Taco* Lettuce, Tomato Cheese, Salsa Refried Beans, Corn Pears</p>	<p>13 French Toast w/syrup* Sausage Link Tri-Tater Cherry Tomatoes Fresh Fruit</p> <p>2nd Choice: Chicken Patty*</p>	<p>14 Ravioli* Cheese Bread Stick* Broccoli Cauliflower Applesauce</p> <p>2nd Choice: Hamburger* or Cheeseburger*</p>	<p>15 Pepperoni Pizza* Salad with Dressing Fresh Veggies Fresh Fruit Choice</p>
<p>18 Chicken Patty* Hot or Not? Baked Beans Cooked Carrots Peaches</p> <p>2nd Choice: Chicken Nuggets* & Pretzel Stick*</p>	<p>19 Super Nachos* Lettuce, Salsa Refried Beans, Corn Pears</p>	<p>20 BBQ Chicken Sandwich* Broccoli Cooked Carrots Fresh Fruit</p> <p>2nd Choice: Chicken Patty*</p>	<p>21 All School Christmas Dinner Chicken Alfredo* Garlic Toast* Green Beans & Carrots Applesauce Christmas Cookie*</p> <p>No 2nd Choice or a la carte Today</p>	<p>22 Sausage Pizza* Hot Vegetable Choice Fruit Choice</p>

Winter Break! Enjoy your time off!
 We'll see you all for breakfast on January 8, 2018!

MHS Breakfast

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

Daily Hot Breakfast Specials
 (2 Pts each) (no cheese or yogurt)

Monday: Pizza

Tuesday: Pancake Dog

Wednesday: Breakfast Sandwich

Thursday: French Toast

Friday: Cinnamon Rolls

1 and 2 pointers

Benefit Bar (2)

Cinnamon Swirl (2)

Choco. Donut (2)

Donut Ring

Cereal (1)

Muffin (1)

Yogurt (1)

Cheese Stick (1)

Donut Hole (1)

Donut Stick (1)

Fruit Choices-1 pt each, 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@rivervalleysschools.org