



# JANUARY | 2018

## 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”:<br/>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><b>8</b>      <i>Welcome Back ☺</i><br/>Chicken Patty*<br/>Hot or Not?<br/>Baked Beans, Cooked Carrots<br/>Peaches</p> <p>2<sup>nd</sup> Choice: Chicken Nuggets* &amp; Pretzel Stick*</p>  | <p><b>9</b>      Chicken Quesadillas*<br/>Lettuce, Salsa<br/>Fiesta Beans<br/>Corn<br/>Pears</p>           | <p><b>10</b>      Sloppy Joes*<br/>Potato Wedges<br/>Cherry Tomatoes<br/>Fresh Fruit Choice</p> <p>2<sup>nd</sup> Choice: Chicken Patty*</p> | <p><b>11</b>      Macaroni Cheese*<br/>Pulled Pork<br/>Broccoli<br/>Cauliflower<br/>Applesauce</p> <p>2<sup>nd</sup> Choice: Hamburger* or Cheeseburger*</p> | <p><b>12</b>      Sausage Pizza*<br/>Salad with Dressing<br/>Fresh Veggies<br/>Fresh Fruit</p>      |
| <p><b>15</b>      Hot Dog*<br/>Baked Beans<br/>Cooked Carrots<br/>Peaches</p> <p>2<sup>nd</sup> Choice: Chicken Nuggets* &amp; Pretzel Stick*</p>  | <p><b>16</b>      Beef Taco*<br/>Lettuce, Tomato<br/>Cheese, Salsa<br/>Fiesta Beans, Corn<br/>Pears</p>    | <p><b>17</b>      Hot Ham &amp; Cheese*<br/>Fresh Veggies<br/>Fresh Fruit</p> <p>2<sup>nd</sup> Choice: Chicken Patty*</p>                   | <p><b>18</b>      Chicken Nuggets*<br/>Dick &amp; Jane Cookies*<br/>Broccoli<br/>Applesauce</p> <p>2<sup>nd</sup> Choice: Hamburger* or Cheeseburger*</p>    | <p><b>19</b>      Sticks* &amp; Sauce<br/>Salad with Dressing<br/>Fresh Veggies<br/>Fresh Fruit</p> |
| <p><b>22</b>      Hamburger* or Cheeseburger*<br/>Baked Beans<br/>Cooked Carrots<br/>Peaches</p> <p>2<sup>nd</sup> Choice: Chicken Nuggets* &amp; Pretzel Stick*</p>   | <p><b>23</b>      Chicken Taco*<br/>Lettuce, Tomato<br/>Cheese, Salsa<br/>Fiesta Beans, Corn<br/>Pears</p> | <p><b>24</b>      Half day school<br/><br/>MHS Exams<br/><br/>No Lunch Service</p>   | <p><b>25</b>      Half day school<br/><br/>MHS Exams<br/><br/>No Lunch Service</p>   | <p><b>26</b>      Half day school<br/><br/>MHS Exams<br/><br/>No Lunch Service</p>                  |
| <p><b>29</b>      Mini-Corn Dogs*<br/>Baked Beans<br/>Cooked Carrots<br/>Peaches</p> <p>2<sup>nd</sup> Choice: Chicken Nuggets* &amp; Pretzel Stick*</p>   | <p><b>30</b>      Super Nachos*<br/>Lettuce, Tomato<br/>Fiesta Beans, Corn<br/>Pears</p>                   | <p><b>31</b>      BBQ Chicken Sandwich*<br/>Broccoli<br/>Cooked Carrots<br/>Fresh Fruit</p> <p>2<sup>nd</sup> Choice: Chicken Patty*</p>     | <p>Breakfast: FREE K-12, Adult \$2.00<br/>Lunch: K5 \$2.50, MHS \$2.75, Adult \$3.75<br/>Milk separate from full lunch 50¢<br/>*Whole Grain Rich</p>         |   |

**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@rivervalley.schools.org](mailto:jjones@rivervalley.schools.org)**