



# NOVEMBER | 2017

## River Valley Middle/High School Menu

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>				
		<b>1</b> Hot Ham & Cheese* Fresh Veggies Sidekicks  2 <sup>nd</sup> Choice: Chicken Patty	<b>2</b> Mashed Potato Bowl* Corn Bread* Broccoli Pineapple  2 <sup>nd</sup> Choice: Hamburger or Cheeseburger	<b>3</b> ½ day of School No Lunch
<b>6</b> Hamburger* or Cheeseburger* Baked Beans Cooked Carrots Peaches  2 <sup>nd</sup> Choice: Chicken Nuggets & Pretzel Stick	<b>7</b> Chicken Taco Lettuce, Tomato Cheese, Salsa Refried Beans, Corn Pears	<b>8</b> French Toast w/syrup Sausage Link Tri-Tater Cherry Tomatoes Orange Juice  2 <sup>nd</sup> Choice: Chicken Patty	<b>9</b> Ravioli* Cheesy Bread Stick* Broccoli Cauliflower Pineapple  2 <sup>nd</sup> Choice: Hamburger or Cheeseburger	<b>10</b> Cheese Pizza* Salad with dressing Fresh Veggies Fresh Fruit Choice
<b>13</b> Corn Dog* Sweet Potato Fries Baked Beans Peaches  2 <sup>nd</sup> Choice: Chicken Nuggets & Pretzel Stick	<b>14</b> Super Nachos* Lettuce, Salsa Refried Beans, Corn Pears	<b>15</b> BBQ Chicken Sandwich* Broccoli Cooked Carrots Fruit Cocktail  2 <sup>nd</sup> Choice: Chicken Patty	<b>16</b> Thanksgiving Luncheon Turkey & Gravy Mashed Potatoes Green Beans Apple Crisp Dinner Roll  No 2 <sup>nd</sup> Choice Today	<b>17</b> Pepperoni Pizza* Salad with Dressing Fresh Veggies Fresh Fruit Choice
<b>20</b> Chicken Patty* Hot or Not? Baked Beans Cooked Carrots Peaches  2 <sup>nd</sup> Choice: Chicken Nuggets & Pretzel Stick	<b>21</b> Crispito* w/cheese Lettuce, Salsa Refried Beans, Corn Pears	<b>22</b> No School Thanksgiving Break	<b>23</b> No School Thanksgiving Break	<b>24</b> No School Thanksgiving Break
<b>27</b> Hot Dog* Sweet Potato Baked Beans Peaches  2 <sup>nd</sup> Choice: Chicken Nuggets & Pretzel Stick	<b>28</b> Beef Taco* Lettuce, Tomato Cheese, Salsa Refried Beans, Corn Pears	<b>29</b> Hot Ham & Cheese* Fresh Veggies Sidekicks  2 <sup>nd</sup> Choice: Chicken Patty	<b>30</b> Mashed Potato Bowl* Corn Bread* Broccoli Pineapple  2 <sup>nd</sup> Choice: Hamburger or Cheeseburger	Breakfast: FREE K-12 Adult \$2.00 Lunch: K5 \$2.50 MHS \$2.75 Adult \$3.75  Extra Milk 50¢  *Whole Grain Rich

### 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)**