



OCTOBER | 2017

River Valley Middle/High School – Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hot Dog* Sweet Potato Fries Baked Beans Peaches	3 Beef Taco* Lettuce, Tomato, Cheese, Salsa Refried Beans, Corn Pears	4 Hot Ham & Cheese* Fresh Veggies Sidekicks	5 ½ Day No Lunch	6 ½ Day No Lunch
9 Hamburger* or Cheeseburger* Baked Beans Cooked Carrots Peaches	10 Chicken Taco* Lettuce, Tomato, Cheese, Salsa Refried Beans, Corn Pears	11 French Toast* w/syrup Sausage Link Tri-Tater Cherry Tomatoes Orange Juice	12 Ravioli* Cheesy Breadstick* Broccoli Cauliflower Pineapple	13 Cheese Pizza* Green Salad w/ Dressing Fresh Veggies Fresh Fruit Choice
16 Corn Dog* Sweet Potato Fries Baked Beans Peaches	17 Super Nachos* Lettuce, Salsa Refried Beans, Corn Pears	18 BBQ Chicken Sandwich* Green Beans Cooked Carrots Fruit Cocktail	19 Turkey & Gravy Wheat Bread* Mashed Potatoes Broccoli Pineapple	20 Pepperoni Pizza* Green Salad w/Dressing Fresh Veggies Fresh Fruit Choice
23 Chicken Patty* Hots or Nots Baked Beans Cooked Carrots Peaches	24 Crispito* w/cheese Lettuce, Salsa Refried Beans, Corn Pears	25 Sloppy Joes* Tater Wedges Cherry Tomatoes Fruit Cocktail	26 Macaroni Cheese* Pulled Pork Broccoli Cauliflower Pineapple	27 Happy Halloween Lunch Cheese Fingers & Sauce Creepy Cucumbers Terrifying Tomatoes Witchy Apple Slices Special Halloween Treats
30 Hot Dog* Sweet Potato Fries Baked Beans Peaches	31 Beef Taco* Lettuce, Tomato, Cheese, Salsa Refried Beans, Corn Pears	<p>Breakfast: FREE K-12, Adult \$2.00 Lunch: \$2.50 K5, \$2.75 MHS, \$3.75 Adult Extra Milk 50¢ *Whole Grain</p> <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>		

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@rivervalleyschools.org