

April 2017



River Valley Middle/High School - Breakfast Menu

RV Mustangs Score a Healthy Breakfast!
Grab 3-5 points (Don't forget a fruit or veggie)

Breakfast Specials		Entrée & Grains		Fruit Choices	Milk
Monday	Pizza	2 pointers	1 pointer	Steal at least 1 point, or take 2 points for a better score! 4 ounce 100% Juice cup = 1 point 4 ounce Fruit Cup = 1 point Whole Fresh Fruit = 1 point 2 ounce Dried Fruit = 1 point	Finishing with up to 1 point! 1% White Milk = 1 point Skim White Milk = 1 point
Tuesday	Pancake Dog	Hot Breakfast	Cereal		
Wednesday	Assorted Breakfast	Benefit Bar	Muffin		
Thursday	Hot Breakfast	Cinnamon Swirl	Yogurt		
Friday	Cinnamon Rolls	Choco Donuts	Cheese Stick Donut Hole Donut Ring		

ALL SCHOOL MEALS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

Breakfast: FREE K-12

Lunch Price: \$2.50 @ K5, \$2.75 @ MHS, \$3.75 for Adult

*whole grain rich

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"This institution is an equal opportunity provider."

Questions? Comments or Concerns - please contact Mrs. Jones at (269) 756-7606 or jjones@rivervalleysschools.org