



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	Chef's Choice	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	Chef's Choice	Hot Breakfast	Cereal		
Wednesday	Chef's Choice	Benefit Bar	Muffin		
Thursday	Chef's Choice	Cinnamon Swirl	Yogurt		
Friday	Chef's Choice	Choco Donuts	Cheese Stick		
		Donut Ring	Donut Hole		
			Donut Stick		

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

Be on the lookout for **FREE** Summer Lunch Sites to be announced!

See you all September 4, 2018!