



# SEPTEMBER | 2017

## River Valley Middle/High School -Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: FREE K-12, Adult \$2.00      Lunch: \$2.50 K5, \$2.75 MHS, \$3.75 Adult      Extra Milk 50¢      *Whole Grain “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” “This institution is an equal opportunity provider”				
<b>4</b> Labor Day No School See You Tomorrow ☺	<b>5</b> Welcome Back ☺ First Day of School Half Day No Lunch Served	<b>6</b> Hot Ham & Cheese* Fresh Veggies & Dip SideKick Slushies	<b>7</b> Chicken Nuggets* Dick & Jane Cookies* Corn, Baked Beans Peaches	<b>8</b> Big Daddy Pizza Salad Cups w/Dressing Fresh Veggies Fresh Fruit
<b>11</b> Hamburger* or Cheeseburger* Baked Beans Cooked Carrots Peaches	<b>12</b> Chicken Taco* Lettuce, Tomato, Cheese, Salsa Refried Beans, Corn Pears	<b>13</b> French Toast* w/syrup Sausage Tater Tots Cherry Tomatoes Orange Juice	<b>14</b> Ravioli w/Cheesy Bread Stick* Broccoli, Cauliflower Pineapple	<b>15</b> Cheese Pizza* Salad Cups w/Dressing Fresh Veggies Fresh Fruit
<b>18</b> Corn Dog* Baked Beans Sweet Potato Fries Peaches	<b>19</b> Super Nachos* Lettuce, Salsa Refried Beans, Corn Pears	<b>20</b> BBQ Chicken Sandwich* Green Beans, Cooked Carrots Fruit Cocktail	<b>21</b> Turkey & Gravy Wheat Bread* Mashed Potatoes, Broccoli Pineapple	<b>22</b> Pepperoni Pizza* Salad Cups w/Dressing Fresh Veggies Fresh Fruit
<b>25</b> Chicken Nuggets* Baked Beans Cooked Carrots Peaches	<b>26</b> Crispito* w/cheese Lettuce, Salsa Refried Beans, Corn Pears	<b>27</b> Sloppy Joes* Tater Wedges, Cherry Tomatoes Fruit Cocktail	<b>28</b> Macaroni Cheese* Pulled Pork Broccoli, Cauliflower Pineapple	<b>29</b> Sausage Pizza* Salad Cups w/Dressing Fresh Veggies Fresh Fruit

### MHS Breakfast

Grab 3-5 points  
 Don't forget a fruit or veggie

### Daily Hot Breakfast Specials

(2 Points 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)

**SCHOOL MEALS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE**