



# MARCH | 2019

## River Valley Middle High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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, Chikaming Elementary Principal (extension 1701) or Mr. Patrick Breen, Middle/High School Principal (extension 1032), 15480 Three Oaks Road, Three Oaks, MI 49128, 269-756-9541.

"This institution is an equal opportunity provider"

**4** Dr. Seuss Day  
Green Eggs and Ham Casserole  
One Fish, Two Fish,  
Red Fish, Blue Fish  
Tuffala Tree Salad  
Pink Ink



**5** Mardi Gras Luncheon  
Pop Corn Chicken\*  
Red Beans and Dirty Rice  
Peach Crisp  
King Cake\*

**6** Stuffed Crust Pizza\*  
Seasoned Chickpeas  
Assorted Fresh Vegetables  
Fresh Fruit Choice

**7** Sloppy Joe on a Bun\*  
Broccoli  
Carrots  
Fruit Choice

**8** Macaroni Cheese\*  
BBQ Pork  
Green Peas  
Wango Juice  
Fruit Choice

**11** Chicken Nuggets\*  
Baked Beans  
Cherry Tomatoes  
Fruit Choice

**12** Beef Taco\*  
Lettuce, Tomato  
Cheese, Salsa  
Corn, Fiesta Beans  
Fruit Choice

**13** Hot Dog\*  
Potato Fries  
Green Beans  
Fruit Choice

**14** Pi Day Lunch!  
Personal Pan Pizza Pi  
Carrot and Cucumber Rounds  
Pineapple Rings with Cherries  
Cookie Balls\*

**15** St. Patrick's Day Lunch  
Beef Stew and Biscuit\*  
Green Peas  
Cole Slaw  
Green and Orange Fruity Jell-O  
Fruit Choice

**18** Hamburger\*/Cheeseburger\*  
Baked Beans  
Baby Carrots  
Fruit Choice

**19** French Toast Sticks\*  
Sausage Link  
Syrup  
Triangle Potato  
Cucumber Coins  
Fruit Choice

**20** Hot Ham and Cheese\*  
Chex Mix\*  
Veggies & Dip  
Frozen Fruit Cup  
Cookie\*

**21** Meatloaf & Mashed Potatoes  
Broccoli, Carrots  
Fruit Choice  
Cookie\*

**22** Bosco Sticks\* & Sauce  
Triple Threat Bean Salad  
Assorted Veggies  
Fresh Fruit Choice

**25** Chicken Nuggets\*  
Baked Beans  
Sweet Potato Fries  
Fruit Choice

**26** Fiesta Bar\*  
Lettuce, Salsa  
Fiesta Beans  
Corn  
Fruit Choice

**27** Opening Day Lunch  
Brat, Dog, or Nachos\*  
Assorted Fresh Veggies  
Fruit Choice  
Slushies

**28** 4x6 Sausage Pizza\*  
Cook's Choice Veggies  
Cook's Choice Fruit  
Cookie\*

**29** Half Day No Lunch ☺  
  
Spring Break  
March 30 through April 7, 2019  
  
See you all for Breakfast April 8

### MHS Breakfast

Grab 3-5 points  
One point MUST be a fruit or veggie ☺

Daily Hot Breakfast Specials  
(2 Pts each) (no cheese or yogurt)  
Monday: Chef's Choice  
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/Vegetable Choices-  
1 pt each, choose 1 or 2  
4oz fruit cup or juice  
Whole Fresh Fruit, Fresh Veggie Bags

Finish up with 1 point!  
Milk Choice Skim or 1%  
  
Questions, Comments, or Concerns –  
Contact Jenny Jones 269-756-7606 or  
[jjones@rivervalleyhschools.org](mailto:jjones@rivervalleyhschools.org)