



MARCH | 2020

River Valley Middle/High School – Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BIG! Burgers* Sweet Potato Fries Baked Beans Fruit Choices 2 nd Choice: French Bread Pizza*	3 Scrambled Egg Bowl Assorted Fresh Vegetables Fruit Choices Cinnamon Roll* 2 nd Choice: Ham & Cheese*	4 Mashed Potato Bowl* Garlic Toast* Broccoli Carrots Fruit Choices 2 nd Choice: Chicken Patty*	5 Chicken a la King Over Biscuit* Green Beans Cauliflower Fruit Choices 2 nd Choice: Burger* & Fries	6 Assorted Big Daddy Pizza* Romaine Salad Assorted Fresh Veggies Seasoned Chickpeas Fruit Choices 2 nd Choice: Fish Sandwich*
9 Hot Dog, Brat, or Corn Dog* Baked Beans Bell Peppers Fruit Choices 2 nd Choice: French Bread Pizza*	10 Pulled Chicken Tacos* Lettuce, Tomatoes Cheese, Salsa Refried Beans, Corn Fruit Choices Churro* 2 nd Choice: Ham & Cheese*	11 Asian Chicken & Rice* Fortune Cookie* Broccoli Carrots Asian Blend Vegetables Pineapple & Mandarin Oranges 2 nd Choice: Chicken Patty*	12 Chicken Drum Sticks Cheddar Garlic Biscuits* Roasted Potatoes Carrots Fruit Choices 2 nd Choice: Burger* & Fries	13 Stuffed Crust Pizza* Romaine Salad Assorted Fresh Veggies Fruit Choices 2 nd Choice: Fish Sandwich*
16 Hot or Not – Chicken Sandwich Tots Carrots, Baked Beans Fruit Choices 2 nd Choice: French Bread Pizza*	17 Baked Potato Bar* Chili, Cheese, Ham Broccoli Fruit Choice Banana Muffin* 2 nd Choice: Ham & Cheese*	18 Chicken Nuggets Garlic Toast* Sweet Potato Fries Green Beans Fruit Choices 2 nd Choice: Chicken Patty*	19 Chili Corn Bread* Cole Slaw Broccoli Fruit Choices 2 nd Choice: Burger* & Fries	20 Bosco Sticks* Romaine Salad Assorted Fresh Veggies Fruit Choices 2 nd Choice: Fish Sandwich*
23 Hot Ham & Cheese on Pretzel Bun* Baked Beans Cherry Tomatoes Potato Fries Fruit Choices 2 nd Choice: French Bread Pizza*	24 Fiesta Bar Crispitos, Quesadillas, Nachos Lettuce, Salsa Refried Beans, Corn Fruit Choices Churro* 2 nd Choice: Ham & Cheese*	25 Valley Subs Baked Chips Assorted Fresh Veggies Sun Splash Veggie Juice Fruit Choices Cookie* 2 nd Choice: Chicken Patty*	26 Pasta Bar Choice of- Alfredo, Marinara, Cheese Meatballs, Chicken Broccoli, Cauliflower Fruit Choices 2 nd Choice: Burger* & Fries	27 Personal Pan Pizza* Romaine Salad Assorted Fresh Veggies Fruit Choices 2 nd Choice: Fish Sandwich*
30 BIG! Burgers* Sweet Potato Fries Baked Beans Fruit Choices 2 nd Choice: French Bread Pizza*	31 Scrambled Egg Bowl Assorted Fresh Vegetables Fruit Choices Cinnamon Roll* 2 nd Choice: Ham & Cheese*	Breakfast: FREE PS-12, Adult \$2.00 Milk not purchased with a lunch, 50 cents Lunch: K5 \$2.60, MHS \$2.85, Adult \$4.00 *whole grain rich item		
			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 familial 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, Michigan 49128, 269-756-9541* *This institution is an equal opportunity provider*	

Breakfast Menu

Hot breakfast Available Daily-while it lasts
Monday: Pancakes, Waffles, French Toast
Tuesday: Pancake Dogs*
Wednesday: Frudels or Bagel-fuls
Thursday: Breakfast Sliders
Friday: Cinnamon Roll

Cold Items:

Fruit Cups, Whole Fruit, Juice Cups, Fresh Veggies, Dried Fruit
 Benefit Bars, Assorted Donuts,
 Appleyway Bars, Assorted Cereals, Muffins
 Cheese Sticks, Yogurt, Cottage Cheese,
 Hard Cooked Egg
 Milk – White or Chocolate 1%

Choose 3 -5 points. Must have a fruit.

General Information:

–All students are required to take at least one full serving of fruit or vegetables with each breakfast or lunch, no exceptions.

–Milk is served at all meals. There will be a choice of Chocolate 1%, White 1%, and Skim.

Questions, Comments, or Concerns? Please Contact Mrs. Jones at 269-756-7606 or jjones@rivervalleysschools.org

GO

MUSTANGS!