



FEBRUARY | 2020

River Valley Middle High School - Menu

MONDAY

3 Theme: PJ Day
 Scrambled Egg Bar
 Hashbrown, Sausage, Gravy
 Assorted Vegetables
 Fresh Fruit, Applesauce
 Cinnamon Roll*

2nd Choice: Pizza*

TUESDAY

4 Theme: Twin Day
 Twin Crispito* with Cheese
 Lettuce, Salsa
 Beans, Corn
 Fresh Fruit Choice, Applesauce
 Churro*

2nd Choice: Ham & Cheese*

WEDNESDAY

5 Theme: Hawaiian Day
 Hawaiian Chicken Wrap*
 Sweet Potato Fries
 100% Veggie Juice
 Tropical Fruit Cups
 Applesauce

2nd Choice: Chicken Patty*

THURSDAY

6 Theme: Disney
 Beauty and the Beast- Beef Stew
 Aladdin- French Bread
 Mulan- Asian Vegetables
 Lion King- Grubs Snack

2nd Choice: Burger* and Fries

FRIDAY

7 Winterfest Lunch
 Italian Beef Sandwich
 Mozzarella Cheese, Giardiniera
 Roasted Peppers, Baked Chips
 Assorted Fresh Veggies
 Frozen Fruit Cups, Applesauce
 Vanilla Ice Cream Cups

2nd Choice: Chicken Nuggets

River Valley High School – Winter Fest Week 2020

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10 Chicken Patty* – Hot or Not?
 Potato Wedges
 Baked Beans
 Peaches
 Applesauce

2nd Choice: Pizza*

11 Taco Soup with Corn Chips*
 Lettuce, Tomato
 Choice of Salsa:
 Red, Green, or Corn
 Fiesta Potatoes
 Fruit Choice

2nd Choice: Ham & Cheese*

12 Stir-Fry Bar
 Chicken, Brown Rice
 Choice of Sauces
 Asian Vegetable Blend
 Broccoli, Carrots
 Pineapple, Mandarin Oranges
 Fortune Cookie

2nd Choice: Chicken Patty*

13 4x6 Pepperoni Pizza*
 Romaine Salad
 Assorted Fresh Veggies
 Fruit Choice

2nd Choice: Burger* & Fries

14 *Happy Valentine's Day*
 Baked Chicken
 Garlic Toast
 Dill & Cheddar Potatoes
 Romaine Salad
 Green Beans
 Fruit Choice
 Brownie

No Ala Carte, No 2nd Choice

17 Sloppy Joe's*
 Red Bell Peppers
 Baked Beans
 Peaches
 Applesauce

2nd Choice: Pizza*

18 Fiesta Bar* – Crisпитos,
 Quesadillas, Nachos
 Lettuce, Salsa
 Fiesta Beans, Corn
 Fruit Choice

2nd Choice: Ham & Cheese*

19 Pasta Bar*
 Marinara, Alfredo, Cheese
 Chicken or Meatballs
 Cheesy Breadstick*
 Broccoli, Cauliflower
 Fruit Choice

2nd Choice: Chicken Patty*

20 Stuffed Crust Pizza*
 Romaine Salad
 Assorted Fresh Veggies
 Fruit Choice

2nd Choice: Burger* & Fries

21 NO SCHOOL

24 NO SCHOOL

25 Baked Potato Bar
 Cheese Sauce, Ham, Chili
 Garlic Toast, Broccoli
 Fresh Fruit, Applesauce

2nd Choice: Ham & Cheese*

26 Ash Wednesday
 Fish Sticks*
 Macaroni Cheese*
 Peas
 Carrots
 Fruit Choice

2nd Choice: Chicken Patty*

27 Chicken a la King*
 Over a Biscuit*
 Broccoli
 Cauliflower
 Pineapple
 Applesauce

2nd Choice: Burger* & Fries

28 4x6 Pizza*
 Romaine Salad
 Assorted Fresh Vegetables
 Fruit Choice

2nd Choice: Fish Sandwich*

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,
 Appleway 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 ijones@rivervalley.schools.org

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This institution is an equal opportunity provider

Milk not purchased with a lunch, 50 cents

Lunch: K5 \$2.60, MHS \$2.85, Adult \$4.00

*whole grain rich item