



DECEMBER | 2018

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

2nd choice Lunch
 Monday: 4x6 Pizza*
 Tuesday: WOW! Or Ham & Cheese Sandwich*
 Wednesday: Chicken Patty* – Hot or Not
 Thursday: Burgers*
 Friday: Chicken Nuggets & Garlic Toast

3 Chicken Nuggets*
 Baked Beans
 Tomato Salad
 Fruit Choice

4 Beef Taco*
 Tomato, Cheese, Salsa
 Fiesta Beans, Corn
 Fruit Choice

5 4x6 Cheese Pizza*
 Assorted Fresh Vegetables
 Fresh Fruit Choice

6 Macaroni Cheese*
 Pulled Pork
 Cookie*
 Broccoli, Carrots
 Fruit Choice

7 Hot Dog*
 Potato Fries
 Green Beans
 Fruit Choice

10 Big Burger Day
 Cheese and topping choices
 Baked Beans
 Matchstick Carrots
 Fruit Choice
 Special Cookie

11 French Toast Sticks*
 Sausage Link, Syrup
 Triangle Potato
 Cucumber Coins
 Fruit Choice

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

13 Meatloaf & Mashed Potatoes
 Broccoli, Carrots
 Fruit Choice
 Cookie

14 Beef-a-roni*
 Breadstick*
 Mixed Vegetables
 Fruit Choice

17 Chicken Nuggets*
 Baked Beans
 Sweet Potato Waffle Fries
 Fruit Choice

18 Your Choice
 Super Nachos*, Crispito, or
 Quesadilla
 Tomato, Salsa
 Fiesta Beans, Corn
 Fruit Choice

19 4x6 Sausage Pizza*
 Assorted Fresh Vegetables
 Fresh Fruit Choice

20 All School Holiday Dinner
 Homemade Lasagna
 Broccoli
 Holiday Fruit Jello
 Chocolate Brownie

21 Corn Dog*
 Vegetable Choice
 Fruit Choice

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@rivervalleyschools.org

Breakfast: FREE K12, Adult \$2.00

Milk not with lunch 50¢

Lunch: K5 \$2.50, MHS \$2.75, Adult \$3.75

Enjoy Your Winter Break ☺

December 22, 2018 - January 6, 2019

See you for Breakfast January 7, 2019!