



FEBRUARY | 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"

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

1
 Corn Dog
 Potato Fries
 Green Beans
 Fruit Choice

4
 Grilled Cheese*
 3 Bean Chili or Tomato Soup
 Cherry Tomatoes
 Fruit Choice

5
 Waffles*
 Sausage Patty
 Syrup
 Tri-Tater
 Green Peppers
 Fruit Choice

6
 Stuffed Crust Pizza*
 Seasoned Chickpeas
 Assorted Fresh Veggies
 Fruit Choice

7
 Sloppy Joe on a Bun*
 Broccoli
 Carrots
 Fruit Choice

8
 Chicken Alfredo*
 Green Peas
 Wango Juice
 Fruit Choice

11
 Chicken Dinner Roll*
 Baked Beans
 Cherry Tomatoes
 Fruit Choice

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

13 Valentines Luncheon Menu
 Spaghetti and Meatballs*
 Garlic Toast*
 Lettuce and Tomato Salad
 Strawberry Cups
 Special Cookie

14 Happy Valentine's Day
 4x6 Pizza*
 Cooked Broccoli
 Cooked Carrots
 Fruit Choice

15
 Hot Dog Bar*
 Potato Fries
 Green Beans
 Fruit Choice

18
 Big Burger Day*
 Baked Beans
 Matchstick Carrots
 Fruit Choice

19
 French Toast Sticks*
 Sausage Link
 Syrup
 Tri-Tater
 Cucumber Coins
 Fruit Choice

20
 Bosco Sticks* & Sauce
 Triple Threat Bean Salad
 Assorted Fresh Veggies
 Fresh Fruit Choice

21 Meatloaf & Mashed Potatoes
 Broccoli, Carrots
 Fruit Choice
 Cookie

22
 No School
 Enjoy Your Day Off ☺

25
 Chicken Italianano
 Garlic Toast*
 Tuscan White Beans
 Roasted Sweet Potatoes
 Fruit Choice

26 Fiesta Bar – Choose One
 Nachos, Quesadilla, or Crispitos
 with Cheese Sauce
 Lettuce, Salsa
 Fiesta Beans
 Corn
 Fruit Choice

27
 4x6 Sausage Pizza*
 Assorted Fresh Veggies
 Fresh Fruit Choice

28
 Pasta Bar* Your Choice
 Marinara, Alfredo,
 or Cheese Sauce
 Meatballs or Chicken
 Cheesy Breadstick*
 Broccoli, Carrots
 Fruit Choice

Breakfast: K12 FREE
 Adult \$2.00

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

 Milk not with lunch 50¢

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