



# JANUARY | 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"

2<sup>nd</sup> choice Lunch

Monday: 4x6 Pizza\*

Tuesday: WOW! Or Ham & Cheese Sandwich\*

Wednesday: Chicken Patty\* – Hot or Not

Thursday: Burgers\*

Friday: Chicken Nuggets & Garlic Toast

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@rivervalleysschools.org](mailto:jjones@rivervalleysschools.org)

7 Welcome Back ☺  
Theme: Hawaiian Day  
Teriyaki Chicken  
Cocoanut Rice\*  
Baked Beans, Cherry Tomatoes  
Fresh Pineapple

8 Theme: Tiny Tot Tuesday  
Sandwiches w/ no crust\*  
Tater Tots, Baby Carrots  
Applesauce  
Crackers\*

9 Theme: Jersey Day  
Italian Hoagie Sub\*  
Creamy Coleslaw  
Corn  
Mixed Berry Cups

10 Theme: Board Games  
Professor Plum's Pizza\*  
Hungry Hippo Food  
Sorry! Slushies  
Funny Bones\*

11 Winterfest Lunch  
Ham Slice  
Dill and Cheddar Potatoes  
Green Beans and Broccoli  
Baked Apple  
Soft Pretzel\*

Winterfest Week 2019

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14 Baked Chicken  
Dinner Roll\*  
Baked Beans  
Tomato Salad  
Fruit Choice

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

16 4x6 Cheese Pizza\*  
Assorted Fresh Veggies  
Fruit Choice

17 Build Your Own  
Mac & Cheese\*  
Cookie\*  
Broccoli  
Carrots  
Fruit Choice

18 Hot Dog Bar\*  
Potato Fries  
Green Beans  
Fruit Choice

21 Big Burger Day\*  
Baked Beans  
Matchstick Carrots  
Fruit Choice

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

23 **Exam Week**  
**January 23-25, 2018**

24 **Half-Days of School**

25 **No Lunch Service**

28 Baked Chicken  
Dinner Roll\*  
Baked Beans  
Sweet Potato Fries  
Fruit Choice

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

30 4x6 Sausage Pizza\*  
Assorted Fresh Veggies  
Fresh Fruit Choice

31 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¢