

SEPTEMBER | 2019



River Valley Middle/High School – Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Breakfast Choices – self serve, while they last.

All HOT breakfasts are 2 points

∅extras with hot

Pancakes* (2)
Waffles* (2)
French Toast* (2)

Pancake Dogs* (2)

Frudles* (2)
Bagel-fuls* (2)

Breakfast
Sandwich* (2)

Cinnamon Roll* (2)

Cold Breakfast Combos

Fruit or Veggie Choice
MUST have one serving
Choose 1 or 2 from this category

4 ounce 100% fruit juice (1)
4 ounce fruit cup (1)
Whole fruit (1)
Fresh veggie bags & dip (1)
2 ounce dried fruit (1)

Other selections may be available depending on season

Grains & Meat/Meat Alternatives
Choose 1 or 2 items, 2 pts max.

Benefit Bar* (2)
Chocolate or Powder Donut* (2)
Donut Ring* (2)
Cinnamon Swirls* (2)
Donut Hole* (1)
Appleway Bar* (1)
Cereal Bowl* (1)
Muffin* (1)
4 ounce Yogurt (1)
1 ounce Cheese Stick (1)
1 Hard Cooked Egg (1)
4 ounce Cottage Cheese

Milk Choice
Choose 1
1 point

8 ounce cartons

Chocolate
White
Skim

How to make a breakfast:

Choose fruits and/or veggies for 1 or 2 points

Choose a hot breakfast for 2 points
or
Cold combo for 1 or 2 points
And a milk for 1 point

Breakfast must have 3-5 points

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

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"This institution is an equal opportunity provider"

Welcome Back!

News from the kitchen:
~Lunch prices have changed
RVMHS \$2.85each

~There will be a featured item each week. Look for it in bold!

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

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

~Lunch money may be sent to the lunchroom or deposited online at sendmoneytoschool.com

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

Let's have a wonderful 2019-2020 School Year!

GO MUSTANGS!

SCHOOL MEALS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE. DUE TO CONDITIONS BEYOND OUR CONTROL.