

# SEPTEMBER | 2019



## Chikaming & Three Oaks – Breakfast

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>2</b> Labor Day No School	<b>3</b> Welcome Back Confetti Pancakes* 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>4</b> You Pick 2! Cereal, Muffin, Bar, or Grahams* 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>5</b> French Toast 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>6</b> Yogurt or Cheese Cereal Bar 4 oz Juice or 4 oz Fruit Cup Milk Choice
<b>9</b> You Pick 2! Cereal, Muffin, Bar, or Grahams 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>10</b> Waffles* 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>11</b> You Pick 2! Cereal, Muffin, Bar, or Grahams 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>12</b> Cinni-Mini's* 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>13</b> Yogurt or Cheese Cereal Bar 4 oz Juice or 4 oz Fruit Cup Milk Choice
<b>16</b> You Pick 2! Cereal, Muffin, Bar, or Grahams 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>17</b> Pancakes* 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>18</b> You Pick 2! Cereal, Muffin, Bar, or Grahams 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>19</b> French Toast* 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>20</b> Yogurt or Cheese Cereal Bar 4 oz Juice or 4 oz Fruit Cup Milk Choice
<b>23</b> You Pick 2! Cereal, Muffin, Bar, or Grahams 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>24</b> Waffles* 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>25</b> You Pick 2! Cereal, Muffin, Bar, or Grahams 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>26</b> Cinni-Mini's* 4 oz Juice or 4 oz Fruit Cup Milk Choice	<b>27</b> Yogurt or Cheese Cereal Bar 4 oz Juice or 4 oz Fruit Cup Milk Choice
<b>30</b> You Pick 2! Cereal, Muffin, Bar, or Grahams 4 oz Juice or 4 oz Fruit Cup Milk Choice	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		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 familial 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, Michigan 49128, 269-756-9541*  *This institution is an equal opportunity provider"	

### **Breakfast**

Did you know???  
Breakfast at RV is

**FREE** 😊

Breakfast is **FREE** for all  
RV students, Preschool  
through 12<sup>th</sup> Grade! What  
a great way to start your  
day!

~All students are required to  
take at least one full serving  
of fruit or vegetables with  
each breakfast, 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  
[jjones@rivervalleysschools.org](mailto:jjones@rivervalleysschools.org)

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

**GO MUSTANGS!**