

MAY | 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"

6 Chefs Choice*
Chefs Choice Vegetable
Chefs Choice Fruit

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

13 Chefs Choice*
Chefs Choice Vegetable
Chefs Choice Fruit

14 Breakfast Bar
Pancakes, Waffles, French toast
Sausage, Syrup
Tri-Tater
Cherry Tomatoes
Fruit Choice

20 Chefs Choice*
Chefs Choice Vegetable
Chefs Choice Fruit

21 Fiesta Bar
Crispitos, Quesadillas, Nachos*
Lettuce, Salsa
Fiesta Beans
Corn
Fruit Choice

27 No School



28 Pancake Dog*
Tri-Tater
Red Pepper Strips
Fruit Choice

1 Macaroni Cheese*
Romaine Salad
Dragon Juice
Fruit Choice

8 Chefs Choice*
Chefs Choice Vegetable
Chefs Choice Fruit

15 Pasta Bar*
Cheesy Bread Stick*
Romaine Salad
Wango Juice
Fruit Choice

22 Chefs Choice*
Chefs Choice Vegetable
Chefs Choice Fruit

29 Macaroni Cheese*
Romaine Salad
Dragon Juice
Fruit Choice

2 Bosco Sticks* & Sauce
Roasted Chickpeas
Fresh Vegetables
Fruit Choice

9 Pizza*
Fresh Veggies
Romaine Salad
Fruit Choice

16 Pizza*
Fresh Vegetables
Tuscan White Beans
Fruit Choice

23 Pizza*
Fresh Vegetables
Romaine Salad
Fruit Choice

30 Bosco Sticks* & Sauce
Roasted Chickpeas
Fresh Vegetable
Fruit Choice

3 Chipotle Bar
Burrito, Tacos, Nachos, Bowl
Chicken or Pork
Black Beans, Rice
Corn Salsa, Salsa Verde, Pico
Sour Cream, Guacamole
Lettuce, Shredded Cheese
Fresh Fruit Choice

10 Chefs Choice*
Chefs Choice Vegetable
Chefs Choice Fruit

17 Chefs Choice*
Chefs Choice Vegetable
Chefs Choice Fruit

24 Hot Ham & Cheese*
Fresh Broccoli
Cherry Tomatoes
Fresh Fruit

31 Chefs Choice*
Chefs Choice Vegetable
Chefs Choice Fruit

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: K12 FREE
Adult \$2.00
Lunch: K5 \$2.50
MHS \$2.75
Adult \$3.75
Milk not with lunch 50¢

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE, DUE TO CONDITIONS BEYOND OUR CONTROL.