



# JANUARY | 2021

## River Valley Middle High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### ***Breakfast***

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\*

In case, you haven't heard... All school meals are FREE this year!

If you have questions, please ask Mrs. Jones ☺

Free Daily ☺

Cold Breakfast Bags available daily

Hot Breakfast Available while it lasts ☺

All breakfasts are served with ½ cup fruit cup, ½ cup 100% juice, and choice of milk.

#### **General Information:**

-All students are required to take at least one full serving of fruit and or vegetables with each breakfast or lunch, no exceptions.  
-Milk is served at all meals. A choice of skim, 1% white or 1% chocolate.

#### **Lunch Prices:**

\$1.50 for extra entree  
Adult \$4.00

Questions, Comments, or Concerns? Please contact Jenny Jones at 269-756-7606 or [jjones@rivervalleyschools.org](mailto:jjones@rivervalleyschools.org)

4	Waffle* Sausage Link Triangle Potato Strawberry Cup Milk Choice	5	Crispito or Quesadilla* Fiesta Beans Fruit of the Day Milk Choice	6	Macaroni Cheese* Peas Fruit of the Day Milk Choice	7	Bosco Sticks & Sauce* Vegetable of the Day Fruit of the Day Milk Choice	8	Baked Chicken* Mashed Potatoes Fruit of the Day Dinner Roll* Milk Choice
11	Cheese Omelet Sausage Patty Cinnamon Roll* Tater Tots Strawberry Cup Milk Choice	12	Chili-Cheese Nachos* Corn Fruit of the Day Milk Choice	13	Rotini & Meat Sauce* Bread Stick* Broccoli Fruit of the Day Milk Choice	14	Pizza* Vegetable of the Day Fruit of the Day Milk Choice	15	Chicken Nuggets* Crackers* Vegetable of the Day Fruit of the Day Milk Choice
18	French Toast Sticks* Sausage Link Triangle Potato Strawberry Cup Milk Choice	19	Quesadilla* Fiesta Beans Fruit of the Day Milk Choice	20	Macaroni Cheese Peas Fruit of the Day Milk Choice	21	Bosco Sticks & Sauce* Vegetable of the Day Fruit of the Day Milk Choice	22	Baked Chicken* Mashed Potatoes Fruit of the Day Dinner Roll* Milk Choice
25	Cheese Omelet Cinnamon Roll* Tater Tots Strawberry Cup Milk Choice	26	Chili-Cheese Nachos* Corn Fruit of the Day Milk Choice	27	Rotini & Meat Sauce* Bread Stick* Broccoli Fruit of the Day Milk Choice	28	Pizza* Vegetable of the Day Fruit of the Day Milk Choice	29	Chicken Nuggets* Crackers* Vegetable of the Day Fruit of the Day Milk Choice

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