

# SEPTEMBER | 2019

## River Valley Elementary – Three Oaks School



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>2</b> Labor Day – No School</p>	<p><b>3</b> Welcome Back Half Day of School No Lunch Served</p>	<p><b>4</b> Chicken Nuggets* Garlic Toast* Tater Tots Green Beans Pears Applesauce 2<sup>nd</sup> Choice: WOW! Sandwich*</p>	<p><b>5</b> Bosco Sticks &amp; Sauce* <b>Super Greens Salad w/dressing</b> Cherry Tomatoes Fruit Cocktail Applesauce 2<sup>nd</sup> Choice: Ham &amp; Cheese*</p>	<p><b>6</b> RV Subs* Sweet Potato Fries Cucumber Sticks <b>Dried Red Cranberries</b> Applesauce 2<sup>nd</sup> Choice: WOW! Sandwich*</p>
<p><b>9</b> Hamburger or Cheeseburger* Cooked Carrots Baked Beans Peaches Applesauce 2<sup>nd</sup> Choice: WOW! Sandwich*</p>	<p><b>10</b> French Toast Sticks* Sausage Patty, Tri-Tater Syrup Cherry Tomatoes Orange Juice Applesauce 2<sup>nd</sup> Choice: Ham &amp; Cheese*</p>	<p><b>11</b> Meatloaf &amp; Mashed Taters Steamed Broccoli Corn Pears Applesauce Cookie* 2<sup>nd</sup> Choice: WOW! Sandwich*</p>	<p><b>12</b> 4x6 Cheese Pizza* <b>Super Greens Salad w/dressing</b> Baby Carrots Fruit Cocktail Applesauce 2<sup>nd</sup> Choice: Ham &amp; Cheese*</p>	<p><b>13</b> Grilled Cheese Sandwich* Tomato Soup 3 Beans-a-roastin' <b>Apple Slices &amp; Creamy Dip</b> Applesauce 2<sup>nd</sup> Choice: WOW! Sandwich*</p>
<p><b>16</b> Mini-Corn Dogs* Red Bell Peppers Potato Wedges Peaches Applesauce 2<sup>nd</sup> Choice WOW! Sandwich*</p>	<p><b>17</b> Quesadilla* Lettuce, Salsa Fiesta Beans Corn Orange Wedges Applesauce 2<sup>nd</sup> Choice: Ham &amp; Cheese*</p>	<p><b>18</b> Macaroni Cheese* <b>Broccoli Salad</b> Cauliflower Pears Applesauce Goldfish* 2<sup>nd</sup> Choice: WOW! Sandwich*</p>	<p><b>19</b> Pizza Bagel* <b>Super Greens Salad w/dressing</b> Cherry Tomatoes Fruit Cocktail Applesauce 2<sup>nd</sup> Choice: Ham &amp; Cheese*</p>	<p><b>20</b> Mustang Munchable* Ranch Roasted Chickpeas Cucumbers Grapes Applesauce 2<sup>nd</sup> Choice: WOW! Sandwich*</p>
<p><b>23</b> Chicken Patty on a Bun* Baked Beans Sweet Potato Fries Peaches Applesauce 2<sup>nd</sup> Choice: WOW! Sandwich*</p>	<p><b>24</b> Twin Pancakes* Sausage Patty, Tri-Tater Syrup Cherry Tomatoes Orange Juice Applesauce 2<sup>nd</sup> Choice: Ham &amp; Cheese*</p>	<p><b>25</b> Chicken Nuggets* Garlic Bread <b>Roasted Cauliflower</b> Broccoli Pears Applesauce 2<sup>nd</sup> Choice: WOW! Sandwich*</p>	<p><b>26</b> 4x6 Pepperoni Pizza* <b>Super Greens Salad w/dressing</b> Baby Carrots Fruit Cocktail Applesauce 2<sup>nd</sup> Choice: Ham &amp; Cheese*</p>	<p><b>27</b> Ham &amp; Cheese Roll-up* Veggie Juice Cucumbers 100% Fruit Juice Slushy Applesauce 2<sup>nd</sup> Choice: WOW! Sandwich*</p>
<p><b>30</b> Sloppy Joes* Cooked Carrots Potato Wedges Peaches Applesauce 2<sup>nd</sup> Choice: WOW! Sandwich*</p>	<p>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</p>	<p>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*</p> <p>*This institution is an equal opportunity provider"</p>		

### ***Welcome Back!***

#### **News from the kitchen:**

~Lunch prices have changed  
**K5 \$2.60each**

~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 school office or deposited online at [sendmoneytoschool.com](http://sendmoneytoschool.com)

**Questions, Comments, or Concerns? Please Contact Mrs. Jones at 269-756-7606 or [jjones@rivervalley.schools.org](mailto:jjones@rivervalley.schools.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.**