

Nodaway Valley High School November 2024

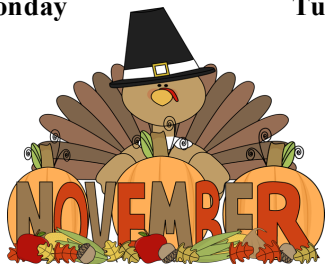
Monday

Tuesday

Wednesday

Thursday

Friday



		<i>Menus Subject to Change</i> <i>*Denotes Whole Grain</i>		<i>Parents may deposit money to their student's meal account in JMC Parent. Click on the JMC Parent tab under Parents on the Nodaway Valley web site at www.nodawayvalley.org</i>	
4 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Tangerine Chicken* Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich* Blushing Pears/Milk	5 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Popcorn Chicken* Bowl (Includes Mashed Potatoes, Gravy, Corn, Popcorn Chicken & Cheese) Dinner Roll* Mandarin Oranges/Milk	6 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Romaine Lettuce/Dressing Green Beans Rosy Applesauce/Milk	7 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-BBQ Rib/Bun* Baked Beans Cucumber Slices Fresh Fruit Milk	1 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Fiestada Mixed Vegetables Cucumber Slices Strawberries & Peaches Milk	
11 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Chicken Patty*/Bun* Tater Tots Fresh Broccoli Blushing Pears Fruit Slushie/Milk	12 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chicken Bacon Ranch Pasta* Green Beans Cucumber Slices Garlic Knot* Mandarin Oranges/Milk	13 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Baked Beans Cucumber Slices Rosy Applesauce/Milk	14 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Confetti Pancakes* Egg Omelet Hashbrowns/Baby Carrots Banana Milk	15 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Pizza* Romaine Lettuce/Dressing Steamed Corn Strawberry Cup Milk	
18 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Pork Tenderloin/Bun* Broccoli w/Cheese Sauce Cucumber Slices Fruit Cocktail Milk	19 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Turkey Gravy Mashed Potatoes Green Bean Casserole/Stuffing Dinner Rolls*/Jello Warm Cinnamon Apples/Milk	20 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Corn Dog French Fries Cucumber Slices Rosy Applesauce Milk	21 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Cheesy Chicken Rotini Mixed Vegetables Baby Carrots Garlic Toast* Fresh Fruit/Milk	22 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Super Nachos* w/Lettuce & Queso Cheese Refried Beans Red Pepper Strips Pineapple/Milk	
25 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Chicken Strips* Baked Beans Fresh Broccoli BB Sandwich* Blushing Pears/Milk	26 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Hot Dog/Bun* Potato Wedges Cucumber Slices Applesauce Cup Milk	<p style="text-align: center;">NO SCHOOL</p>	<p style="text-align: center;">HAPPY THANKSGIVING!</p>	<p style="text-align: center;">NO SCHOOL</p>	

NV Schools offer skim, 1% white milk and chocolate skim milk daily.

Milk is offered as a part of every meal. Students DO NOT have to take milk if they choose not to.

HOWEVER, the student must take a MINIMUM of 3 items AND they have to have a fruit or vegetable.

Breakfast option offered daily: Cereal, String Cheese, Fruit, Juice & Milk.

Fresh and/or canned fruit will be offered at breakfast.

Assortment of fruits and vegetables are offered daily at lunch including Romaine or Butterhead Lettuce and Baby Carrots.

This institution is an equal opportunity provider.