

Nodaway Valley Middle School September 2024

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 NO SCHOOL</p> <p style="text-align: center;">LABOR DAY</p>	<p>3 BREAKFAST-Juice, Milk French Toast* & Fruit</p> <p>LUNCH-Cherry Blossom Chicken* Rice (Brown)*/Cooked Carrots Fresh Cauliflower BB Sandwich* Fruit Cocktail/Milk</p>	<p>4 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit</p> <p>LUNCH-Hamburger or Cheeseburger Bun*/Baked Beans Baby Carrots Rosy Applesauce Milk</p>	<p>5 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit</p> <p>LUNCH-Chicken Nuggets* French Fries Fresh Broccoli BB Sandwich* Fresh Fruit/Milk</p>	<p>6 BREAKFAST-Juice, Milk Long John* & Fruit</p> <p>LUNCH-Walking Taco* Romaine Lettuce/Dressing Baby Carrots Diced Peaches Milk</p>
<p>9 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit</p> <p>LUNCH-Hot Ham & Cheese/Bun* Baked Beans Baby Carrots Fruit Cocktail Milk</p>	<p>10 BREAKFAST-Juice, Milk French Toast* & Fruit</p> <p>LUNCH-Pork Tenderloin* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Mandarin Oranges/Milk</p>	<p>11 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit</p> <p>LUNCH-Cheesy French Bread Pizza* w/Marinara Sauce Romaine Lettuce/Dressing Red Pepper Strips Rosy Applesauce/Milk</p>	<p>12 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit</p> <p>LUNCH-Confetti Pancakes* Egg Omelet Hashbrowns/Baby Carrots Banana Milk</p>	<p>13 BREAKFAST-Juice, Milk Ultimate Breakfaast Round* & Fruit</p> <p>LUNCH-Fiestada* Mixed Vegetables Cucumber Slices Strawberries & Peaches Milk</p>
<p>16 BREAKFAST-Juice, Milk Blueberry Waffles* & Fruit</p> <p>LUNCH-Chicken Wrap* w/Ranch Savory Carrots Baby Carrots Graham Crackers* Blushing Pears/Milk</p>	<p>17 BREAKFAST-Juice, Milk French Toast* & Fruit</p> <p>LUNCH-Cowboy Cavatini Corn Fresh Cucumbers Dinner Roll* Mandarin Oranges/Milk</p>	<p>18 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit</p> <p>LUNCH-Corn Dog Green Beans Baby Carrots Rosy Applesauce Milk</p>	<p>19 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit</p> <p>LUNCH-Sloppy Joes/Bun* Baked Beans Cole Slaw Fresh Fruit Milk</p>	<p>20 BREAKFAST-Juice, Milk Long John* & Fruit</p> <p>LUNCH-Pizza* Corn Red Pepper Strips Diced Peaches Milk</p>
<p>23 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit</p> <p>LUNCH-Chicken Patty*/Bun* French Fries Fresh Broccoli Blushing Pears Milk</p>	<p>24 BREAKFAST-Juice, Milk French Toast* & Fruit</p> <p>LUNCH-Shrimp Poppers* Broccoli w/Cheese Sauce Baby Carrots/Lite String Cheese Cinnamon Roll* Mandarin Oranges/Milk</p>	<p>25 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit</p> <p>LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Savory Carrots Cucumber Slices Rosy Applesauce/Milk</p>	<p>26 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit</p> <p>LUNCH-Popcorn Chicken* Baked Beans Baby Carrots BB Sandwich* Fresh Fruit/Milk</p>	<p>27 BREAKFAST-Juice, Milk Ultimate Breakfaast Round* & Fruit</p> <p>LUNCH-Cheese Quesadilla* Green Beans Fresh Broccoli Pineapple Tidbits Milk</p>
<p>30 BREAKFAST-Juice, Milk Fruit Loop Waffles* & Fruit</p> <p>LUNCH-Chicken Alfredo* Mixed Vegetables Cucumber Slices Strawberry Cup Milk</p>	<p><i>Menus Subject to Change</i></p> <p><i>*Denotes Whole Grain</i></p>	<p><i>Parents may deposit money to their student's meal account in JMC Parent.</i></p> <p><i>Click on the JMC Parent tab under Parents on the Nodaway Valley web site at www.nodawayvalley.org</i></p>		

NV Schools offers 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, Toast, Fruit, Juice & Milk or 2 pieces of Toast, Juice & Milk.

NV Middle School offers baked and kettle cooked chips, WG rice krispie bar etc. as ala carte items that can be purchased.

Romaine Lettuce/Lite Ranch Dressing and Baby Carrots offered daily.

This institution is an equal opportunity provider.