

Nodaway Valley High School October 2024

Monday

Tuesday

Wednesday

Thursday

Friday

<p><i>Menus Subject to Change</i></p> <p><i>*Denotes Whole Grain</i></p>	<p>1 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chicken Strips* Mashed Potatoes/Gravy Fresh Broccoli Dinner Rolls* Mandarin Oranges/Milk</p>	<p>2 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Hamburger or Cheeseburger Bun*/Baked Beans Baby Carrots Rosy Applesauce Milk</p>	<p>3 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Italian Sub* w/Cheese Potato Wedges Cucumber Slices Fresh Fruit Milk</p>	<p>4 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Walking Taco* Refried Beans Baby Carrots Strawberry Cup Milk</p>	
	<p>7 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-BBQ Rib/Bun* Baked Beans Baby Carrots Blushing Pears Milk</p>	<p>8 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chicken Drumstick* Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls* Fruit Cocktail/Milk</p>	<p>9 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Romaine Lettuce/Dressing Corn Rosy Applesauce/Milk</p>	<p>10 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Blueberry Waffles* Egg Omelet Hashbrowns/Baby Carrots Banana Milk</p>	<p>11 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Cheese Quesadilla* Green Beans Cucumber Slices Pineapple Tidbits Milk</p>
	<p>14 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Chicken Patty*/Bun* Tater Tots Fresh Broccoli Blushing Pears Fruit Slushie/Milk</p>	<p>15 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli Dinner Rolls* Mandarin Oranges/Milk</p>	<p>16 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Savory Carrots Cucumber Slices Rosy Applesauce/Milk</p>	<p>17 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Sloppy Joes/Bun* Baked Beans Cole Slaw Fresh Fruit Milk</p>	<p>18 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Pizza* Romaine Lettuce/Dressing Steamed Corn Fruit Cocktail Milk</p>
	<p>21 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Meatball Sub* Green Beans Baby Carrots Blushing Pears Milk</p>	<p>22 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chili Soup/Crackers Grilled Cheese Sandwich* Cucumber Slices Rosy Applesauce Milk</p>	<p>23 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Hot Dog/Bun* Baked Beans Baby Carrots Strawberry Cup Milk</p>	<p>24 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* NO LUNCH Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal</p>	<p>25</p> <p>NO SCHOOL</p>
	<p>28 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Chicken Wrap* w/Ranch Savory Carrots Fresh Broccoli Graham Crackers* Blushing Pears/Milk</p>	<p>29 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Shrimp Poppers* Broccoli w/Cheese Sauce String Cheese/Baby Carrots Cinnamon Roll* Mandarin Oranges/Milk</p>	<p>30 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Popcorn Chicken* Baked Beans Cucumber Slices BB Sandwich* Rosy Applesauce/Milk</p>	<p>31 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Zombie Brains* Skeleton Fingers Vampire Veggie Freaky Fruit Chilling Milk</p>	<p><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></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.

October 31st menu is Pulled Pork/Bun*, French Fries, Cucumber Slices, Fresh Fruit & Milk.

