Nodaway Valley High School August 2024

Wednesday

Thursday

2 Parents may deposit money to their student's meal account The Free and Reduced Meals Application is available online or at any office. in JMC Parent. Ask for information by calling the Superintendent's Office at 641-630-1042 or e-mail Click on the JMC Parent istender@nodawayvalley.org. tab under Parents on the All information is strictly confidential. Nodaway Valley web site at www.nodawayvalley.org Menus Subject to Change *Denotes Whole Grain 12 15 16 19 23 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Grilled Chicken/Bun* Tater Tots Fresh Broccoli Blushing Pears Milk **30** BREAKFAST-Juice, Milk 26 BREAKFAST-Juice, Milk 27 BREAKFAST-Juice, Milk 28 BREAKFAST-Juice, Milk 29 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* French Toast* or Breakfast Bites* Brfst Egg Pizza* or Long John* Sausage Gravy & Biscuit* or Frudel* Breakfast Sandwich* or UBR* LUNCH-Bosco Cheese Sticks* LUNCH-Chicken Strips* LUNCH-Deli Turkey/Cheese/Bun* LUNCH-BBQ Rib/Bun* LUNCH-Cheesy Calzone* w/Marinara Sauce w/Marinara Sauce Mashed Potatoes/Gravv Green Beans Baked Beans Savory Carrots Cucumber Slices Baby Carrots Cucumber Slices Corn/Baby Carrots **Baby Carrots** Dinner Rolls* Rosy Applesauce Fresh Fruit Diced Peaches Mandarin Oranges/Milk Milk Blushing Pears/Milk Milk Milk

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.

Tuesday

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

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

Monday

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.



Friday