Nodaway Valley High School December 2024

Tuesday

Thursday

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2 BREAKFAST-Juice, Milk	3 BREAKFAST-Juice, Milk	4 BREAKFAST-Juice, Milk	5 BREAKFAST-Juice, Milk	6 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-Meatball Sub*	LUNCH-Chicken Strips*	LUNCH-Cheesy French Bread	LUNCH-Blueberry Waffles*	LUNCH-Pizza*
Baked Beans	Mashed Potatoes/Gravy	Pizza*/w Marinara Sauce	Egg Omelet	Steamed Corn
Baby Carrots	Cucumber Slices	Romaine Lettuce/Dressing	Hashbrowns/Baby Carrots	Red Pepper Strips
Blushing Pears	Dinner Rolls*	Green Beans	Banana	Strawberries & Peaches
Milk	Mandarin Oranges/Milk	Rosy Applesauce/Milk	Milk	Milk
9 BREAKFAST-Juice, Milk	10 BREAKFAST-Juice, Milk	11 BREAKFAST-Juice, Milk	12 BREAKFAST-Juice, Milk	13 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-Tangerine Chicken*	LUNCH-Popcorn Chicken* Bowl	LUNCH-Pork Tenderloin/Bun*	LUNCH-Chicken Alfredo*	LUNCH-Walking Taco*
Rice (Brown)/Cooked Carrots	(Includes Mashed Potatoes, Gravy,	Broccoli w/Cheese Sauce	Mixed Vegetables	Refried Beans
Fresh Cauliflower	Corn, Popcorn Chicken & Cheese)	Baby Carrots	Cucumber Slices	Baby Carrots
BB Sandwich*	Dinner Roll*	Rosy Applesauce	Garlic Knot*	Strawberry Cup
Blushing Pears/Milk	Mandarin Oranges/Milk	Milk	Fresh Fruit/Milk	Milk
16 BREAKFAST-Juice, Milk	17 BREAKFAST-Juice, Milk	18 BREAKFAST-Juice, Milk	19 BREAKFAST-Juice, Milk	20 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-Pretzel Dog* w/Cheese Sauce	LUNCH-Hot Beef Sundae	LUNCH-Bosco Cheese Sticks*	LUNCH-Chicken Wrap* w/Ranch	LUNCH-Hamburger or Cheeseburge
Potato Wedges	(Includes Mashed Potatoes, Gravy,	w/Marinara Sauce	Savory Carrots	Bun*/Baked Beans
Cucumber Slices	Shredded Beef & Cheese)	Green Beans	Cucumber Slices	Baby Carrots

Baby Carrots

25

Wednesday

NO SCHOOL NO SCHOOL MERRY Winter Break Winter Break CHRISTMAS!

NO SCHOOL

Winter Break

Mandarin Oranges/Milk

Dinner Rolls*

24

31



Menus Subject to Change

*Denotes Whole Grain

NO SCHOOL Winter Break

in JMC Parent.

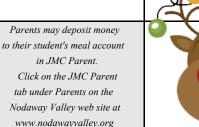
Click on the JMC Parent tab under Parents on the

Graham Crackers*

NO SCHOOL

Friday

Winter Break



Strawberry Cup

Milk

27

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.

NO SCHOOL

Winter Break

Monday

Applesauce Cup

Milk

23

30

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.

