

Nodaway Valley High School December 2024


Monday

Tuesday

Wednesday

Thursday

Friday

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| <p>2 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Meatball Sub* Baked Beans Baby Carrots Blushing Pears Milk</p> | <p>3 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chicken Strips* Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls* Mandarin Oranges/Milk</p> | <p>4 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</p> | <p>5 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Blueberry Waffles* Egg Omelet Hashbrowns/Baby Carrots Banana Milk</p> | <p>6 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Pizza* Steamed Corn Red Pepper Strips Strawberries & Peaches Milk</p> |
| <p>9 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Tangerine Chicken* Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich* Blushing Pears/Milk</p> | <p>10 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</p> | <p>11 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Pork Tenderloin/Bun* Broccoli w/Cheese Sauce Baby Carrots Rosy Applesauce Milk</p> | <p>12 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Chicken Alfredo* Mixed Vegetables Cucumber Slices Garlic Knot* Fresh Fruit/Milk</p> | <p>13 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Walking Taco* Refried Beans Baby Carrots Strawberry Cup Milk</p> |
| <p>16 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Pretzel Dog* w/Cheese Sauce Potato Wedges Cucumber Slices Applesauce Cup Milk</p> | <p>17 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Hot Beef Sundae (Includes Mashed Potatoes, Gravy, Shredded Beef & Cheese) Dinner Rolls* Mandarin Oranges/Milk</p> | <p>18 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Green Beans Baby Carrots Rosy Applesauce/Milk</p> | <p>19 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Chicken Wrap* w/Ranch Savory Carrots Cucumber Slices Graham Crackers* Fresh Fruit/Milk</p> | <p>20 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Hamburger or Cheeseburger Bun*/Baked Beans Baby Carrots Strawberry Cup Milk</p> |
| <p>23</p> <p>NO SCHOOL Winter Break</p> | <p>24</p> <p>NO SCHOOL Winter Break</p> | <p>25</p> <p>MERRY CHRISTMAS!</p>  | <p>26</p> <p>NO SCHOOL Winter Break</p> | <p>27</p> <p>NO SCHOOL Winter Break</p>  |
| <p>30</p> <p>NO SCHOOL Winter Break</p> | <p>31</p> <p>NO SCHOOL Winter Break</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. 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.

