

Nodaway Valley High School September 2024

Monday

Tuesday

Wednesday

Thursday

Friday

2 NO SCHOOL LABOR DAY	3 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Tangerine Chicken* Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich* Blushing Pears/Milk	4 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Hamburger or Cheeseburger Bun*/Baked Beans Baby Carrots Rosy Applesauce Milk	5 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Chicken Nuggets* Tater Tots Fresh Broccoli BB Sandwich* Fresh Fruit/Milk	6 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Walking Taco* Romaine Lettuce/Dressing Baby Carrots Diced Peaches Milk
9 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Pork Tenderloin/Bun* Baked Beans Cucumber Slices Fruit Cocktail Milk	10 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Cheesy Ham Hashbrown Casserole Baby Carrots Dinner Roll* Mandarin Oranges/Milk	11 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Romaine Lettuce/Dressing Corn Rosy Applesauce/Milk	12 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Blueberry Waffles* Egg Omelet Hashbrowns/Baby Carrots Banana Milk	13 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Fiestada* Mixed Vegetables Cucumber Slices Strawberries & Peaches Milk
16 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Chicken Wrap* w/Ranch Savory Carrots Baby Carrots Graham Crackers* Blushing Pears/Milk	17 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Cowboy Cavatini Steamed Corn Cucumber Slices Garlic Knot* Mandarin Oranges/Milk	18 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Corn Dog Green Beans Baby Carrots Rosy Applesauce Milk	19 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Sloppy Joes/Bun* Baked Beans Cole Slaw Fresh Fruit Milk	20 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Pizza* Romaine Lettuce/Dressing Steamed Corn Fruit Cocktail/Milk Milk
23 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Chicken Patty*/Bun* Tater Tots Fresh Broccoli Blushing Pears Fruit Slushie/Milk	24 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Shrimp Poppers* Broccoli w/Cheese Sauce String Cheese/Baby Carrots Cinnamon Roll* Mandarin Oranges/Milk	25 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Savory Carrots Cucumber Slices Rosy Applesauce/Milk	26 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Popcorn Chicken* Baked Beans Baby Carrots BB Sandwich* Fresh Fruit/Milk	27 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Cheese Quesadilla* Green Beans Fresh Broccoli Pineapple Tidbits Milk
30 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Chicken Alfredo* Mixed Vegetables Cucumber Slices Garlic Knot* Strawberry Cup/Milk	<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 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.