

# Nodaway Valley Middle School      October 2024

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<i>Menus Subject to Change</i>				
<i>Milk and Juice Served with Breakfast</i>				
<i>Milk Served with Lunch</i>				
	<b>1</b> BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Chicken Strips* Mashed Potatoes/Gravy Fresh Broccoli Dinner Roll* Mandarin Oranges/Milk	<b>2</b> BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Hamburger or Cheeseburger Bun*/Baked Beans Baby Carrots Rosy Applesauce Milk	<b>3</b> BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Italian Sub* w/Cheese Potato Wedges Cucumber Slices Fresh Fruit Milk	<b>4</b> BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Soft Shell Tacos* Refried Beans Baby Carrots Strawberry Cup Milk
<b>7</b> BREAKFAST-Juice, Milk Ultimate Breakfast Round* & Fruit LUNCH-BBQ Rib/Bun* Baked Beans Baby Carrots Blushing Pears Milk	<b>8</b> BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Chicken Drumstick* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Fruit Cocktail/Milk	<b>9</b> BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Cheesy French Bread Pizza* w/Marinara Sauce Romaine Lettuce/Dressing Corn Rosy Applesauce/Milk	<b>10</b> BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Blueberry Waffles* & Fruit Egg Omelet Hashbrowns/Baby Carrots Banana Milk	<b>11</b> BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Cheese Quesadilla* Green Beans Cucumber Slices Pineapple Tidbits Milk
<b>14</b> BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Chicken Patty*/Bun* French Fries Fresh Broccoli Blushing Pears Milk	<b>15</b> BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli Dinner Roll* Mandarin Oranges/Milk	<b>16</b> BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Savory Carrots Cucumber Slices Rosy Applesauce/Milk	<b>17</b> BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Sloppy Joes/Bun* Baked Beans Cole Slaw Fresh Fruit Milk	<b>18</b> BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Pizza* Corn Red Pepper Strips Strawberry Cup Milk
<b>21</b> BREAKFAST-Juice, Milk Ultimate Breakfast Round* & Fruit LUNCH-Meatball Sub* Green Beans Baby Carrots Blushing Pears Milk	<b>22</b> BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Chili Soup/Crackers Grilled Cheese Sandwich* Cucumber Slices Rosy Applesauce Milk	<b>23</b> BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Hot Dog/Bun* Baked Beans Baby Carrots Strawberry Cup Milk	<b>24</b> BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit <b>NO LUNCH</b> Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal	<b>25</b>     <b>NO SCHOOL</b>
<b>28</b> BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Chicken Wrap* w/Ranch Savory Carrots Cucumber Slices Graham Crackers* Blushing Pears/Milk	<b>29</b> BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Shrimp Poppers* Broccoli w/Cheese Sauce Baby Carrots/Lite String Cheese Cinnamon Roll* Mandarin Oranges/Milk	<b>30</b> BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Popcorn Chicken* Baked Beans Cucumber Slices BB Sandwich* Rosy Applesauce/Milk	<b>31</b> BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Zombie Brains* Skeleton Fingers Vampire Veggie Freaky Fruit Chilling Milk	<i>Parents may deposit money to their student's meal account with PaySchools, a secure online payment system. Click on the PaySchools link on the Nodaway Valley web site at <a href="http://www.nodawayvalley.org">www.nodawayvalley.org</a></i>

NV Schools offers 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, Toast, Fruit, Juice & Milk or 2 pieces of Toast, Juice & Milk.

NV Middle School offers baked and kettle cooked chips, WG rice krispie bar etc. as ala carte items that can be purchased.

Romaine Lettuce/Lite Ranch Dressing and Baby Carrots offered daily.

This institution is an equal opportunity provider.

**October 31st menu is Pulled Pork/Bun\*, French Fries, Baby Carrots, Fresh Fruit & Milk.**

