

Nodaway Valley Middle School August 2023

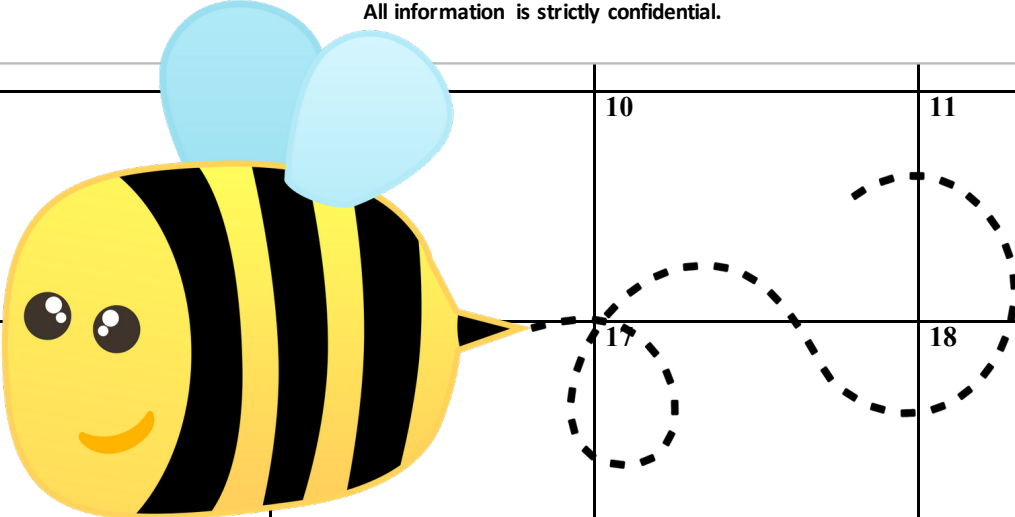

Monday

Tuesday

Wednesday

Thursday

Friday

<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>	1	2	3	4
	<p>The Free and Reduced Meals Application is available online or at any office. Ask for information by calling the Superintendent's Office at 641-743-6127 or e-mail jstender@nodawayvalley.org. All information is strictly confidential.</p>			
7			10	11
14	15	17	18	
<p style="text-align: center;"><i>Menus Subject to Change</i></p> <p style="text-align: center;"><i>Milk and Juice Served with Breakfast</i></p> <p style="text-align: center;"><i>Milk Served with Lunch</i></p>		<p>23 BREAKFAST-Juice, Milk Blueberry Waffles WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk</p>	<p>24 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce Green Beans Cucumber Slices Banana/Milk</p>	<p>25 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Fiestada WG Corn Baby Carrots Strawberries & Peaches Milk</p>
<p>28 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk</p>	<p>29 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Chicken Nuggets Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk</p>	<p>30 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Deli Turkey/Cheese/Bun WG Green Beans Baby Carrots Rosy Applesauce Milk</p>	<p>31 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-BBQ Rib/Bun WG Baked Beans Fresh Broccoli Fresh Fruit Milk</p>	

NV Schools offers skim, 1% white milk and chocolate skim milk daily.

Breakfast option offered daily: Cereal, Toast, Fruit, Juice & Milk or 2 pieces of Toast, Juice & Milk.

NV Middle School offers reduced fat ice cream, WG rice krispie bar, etc. as ala carte items that can be purchased.

WG = Whole Grain.

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

This institution is an equal opportunity provider.