

Nodaway Valley Middle School October 2022

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk</p>	<p>4 BREAKFAST-Juice, Milk Dutch Waffles WG & Fruit LUNCH-Chicken Nuggets Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk</p>	<p>5 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce California Mixed Vegetables Baby Carrots Rosy Applesauce/Milk</p>	<p>6 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Sloppy Joes/Bun WG Baked Beans Cucumber Slices Fresh Fruit Milk</p>	<p>7 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Pizza WG Romaine Lettuce/Dressing Corn Strawberry Cup Milk</p>
<p>10 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-BBQ Rib/Bun WG Potato Wedges Fresh Broccoli Blushing Pears Milk</p>	<p>11 BREAKFAST-Juice, Milk Apple Frudel WG & Fruit LUNCH-Cowboy Cavatini Cooked Carrots Cucumber Slices Garlic Knot WG Fruit Cocktail/Milk</p>	<p>12 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Hot Ham&Cheese/Bun WG Romaine Lettuce/Dressing Fresh Broccoli Sun Chips WG Applesauce Cup/Milk</p>	<p>13 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Meatball Sub WG Green Beans Baby Carrots Fresh Fruit Milk</p>	<p>14 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Crispito WG Refried Beans Sliced Cucumbers BB Sandwich Pineapple/Milk</p>
<p>17 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-BBQ Chicken/Bun WG Savory Carrots Fresh Cauliflower Blushing Pears Milk</p>	<p>18 BREAKFAST-Juice, Milk Dutch Waffles WG & Fruit LUNCH-Shrimp Poppers Broccoli & Cheese Celery Sticks/Lite String Cheese Cinnamon Roll WG Applesauce Cup/Milk</p>	<p>19 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Cheesy French Bread Pizza WG/w Marinara Sauce Baked Beans/Cucumber Slices Rosy Applesauce Milk</p>	<p>20 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Sausage, Egg, Cheese Biscuit WG Hashbrowns/Baby Carrots Banana Milk</p>	<p>21 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Three Cheese Calzone WG w/Marinara Mixed Vegetables Fresh Broccoli Strawberries & Peaches/Milk</p>
<p>24 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk</p>	<p>25 BREAKFAST-Juice, Milk Apple Frudel WG & Fruit LUNCH-Spaghetti & Meatballs Green Beans Baby Carrots Garlic Knot WG Mandarin Oranges/Milk</p>	<p>26 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Chicken Wrap w/Ranch Corn Cherry Tomatoes Graham Crackers WG Strawberry Applesauce Cup/Milk</p>	<p>27 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit NO LUNCH Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal</p>	<p>28</p> <p style="font-size: 1.2em; font-weight: bold;">NO SCHOOL</p>
<p>31 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Bat Burgers/w Cheese Skeleton Fingers Vampire Veggies Chilling Fruit Monster Milk</p>	<p><i>Menus Subject to Change</i></p> <p><i>Milk and Juice Served with Breakfast</i></p> <p><i>Milk Served with Lunch</i></p>			



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

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.

October 31st menu is Cheeseburger/Bun WG, French Fries, Baby Carrots, Blushing Pears and Milk.

This institution is an equal opportunity provider.