

# Nodaway Valley Middle School      January 2023


**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>2</b>  <b>NO SCHOOL</b> Winter Break	<b>3</b> BREAKFAST-Juice, Milk Frudel WG & Fruit LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce California Mixed Vegetables Baby Carrots Warm Cinnamon Apples/Milk	<b>4</b> BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Cheeseburger/Bun WG Broccoli & Cheese Baby Carrots Rosy Applesauce Milk	<b>5</b> BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Hot Ham&Cheese/Bun WG Baked Beans Cucumber Slices Sun Chips WG Fresh Fruit/Milk	<b>6</b> BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Fiestada WG Corn Fresh Broccoli Diced Peaches Milk
<b>9</b> BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-BBQ Chicken/Bun WG Savory Carrots Fresh Cauliflower Blushing Pears Milk	<b>10</b> BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Spaghetti & Meatballs Green Beans Baby Carrots Garlic Knot WG Mandarin Oranges/Milk	<b>11</b> BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Cheesy French Bread Pizza WG/w Marinara Sauce Baked Beans/Cucumber Slices Rosy Applesauce Milk	<b>12</b> BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Blueberry Waffles WG Egg Omelet Hashbrowns/Baby Carrots Banana Milk	<b>13</b> BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Cheese Quesadilla WG Romaine Lettuce/Dressing Corn Strawberries & Peaches Milk
<b>16</b>  PROFESSIONAL LEARNING DAY	<b>17</b> BREAKFAST-Juice, Milk Frudel WG & Fruit LUNCH-Chicken Strips Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk	<b>18</b> BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Pizza Crunchers WG w/Marinara Sauce Mixed Vegetables Baby Carrots Applesauce Cup/Milk	<b>19</b> BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Meatball Sub WG Savory Carrots Cucumber Slices Fresh Fruit Milk	<b>20</b> BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Super Nachos WG w/Queso Cheese Refried Beans Baby Carrots Strawberry Cup/Milk
<b>23</b> BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk	<b>24</b> BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Pork Tenderloin Mashed Potatoes/Gravy Celery Sticks Roll WG Mandarin Oranges/Milk	<b>25</b> BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Popcorn Chicken Broccoli & Cheese Sliced Cucumbers BB Sandwich WG Rosy Applesauce/Milk	<b>26</b> BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Sloppy Joes/Bun WG Baked Beans Fresh Broccoli Fresh Fruit Milk	<b>27</b> BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Pizza WG Green Beans Baby Carrots Diced Peaches Milk
<b>30</b> BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower BB Sandwich WG Blushing Pears/Milk	<b>31</b> BREAKFAST-Juice, Milk Frudel WG & Fruit LUNCH-Scalloped Potatoes & Ham California Mixed Vegetables Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk		<i>Menus Subject to Change</i>  <i>Milk and Juice Served with Breakfast</i>  <i>Milk Served with Lunch</i>	<i>Parents may deposit money to their student's meal account with SchoolPay, a secure online payment system. Click on the SchoolPay 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 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.*

*This institution is an equal opportunity provider.*