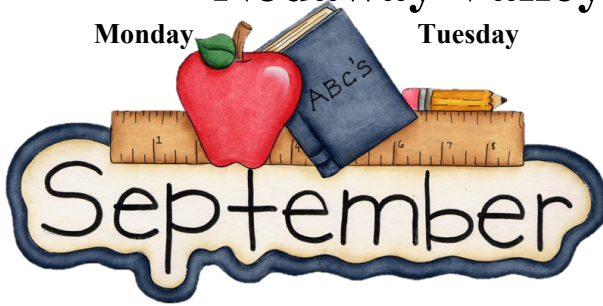


Nodaway Valley High School

September 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>		<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>		<p>1 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Pizza WG Corn Romaine Lettuce/Dressing Diced Peaches Milk</p>			
<p>4 NO SCHOOL LABOR DAY</p>		<p>5 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Spaghetti & Meatballs Green Beans Baby Carrots Garlic Knot WG Mandarin Oranges/Milk</p>		<p>6 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Cheeseburger/Bun WG Broccoli w/Cheese Sauce Sliced Cucumbers Rosy Applesauce Milk</p>		<p>7 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Ham, Egg, Cheese Croissant WG Hashbrowns/Baby Carrots Banana Milk</p>		<p>8 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Crispitos WG Refried Beans Sliced Cucumbers Strawberries & Peaches Milk</p>	
<p>11 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Sloppy Joes/Bun WG Savory Carrots Cole Slaw Fruit Cocktail Milk</p>		<p>12 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Pork Tenderloin Mashed Potatoes/Gravy Celery Sticks Dinner Rolls WG Mandarin Oranges/Milk</p>		<p>13 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Hot Dog/Bun WG Baked Beans Cucumber Slices Sun Chips WG Rosy Applesauce/Milk</p>		<p>14 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Chicken Alfredo Green Beans/Baby Carrots Garlic Knot WG Fresh Fruit Milk</p>		<p>15 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Cheese Quesadilla WG Romaine Lettuce/Dressing Corn Pineapple Milk</p>	
<p>18 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Fruit Slushie/Milk</p>		<p>19 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Shrimp Poppers WG Broccoli w/Cheese Sauce String Cheese/Celery Sticks Cinnamon Roll WG Mandarin Oranges/Milk</p>		<p>20 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Cheesy French Bread Pizza WG/w Marinara Sauce Green Beans/Baby Carrots Rosy Applesauce Milk</p>		<p>21 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Chicken Wrap w/Ranch Baked Beans Cucumber Slices Graham Crackers Fresh Fruit/Milk</p>		<p>22 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Fiestada WG Corn Baby Carrots Diced Peaches Milk</p>	
<p>25 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Fish Nuggets Macaroni & Cheese WG Savory Carrots/Fresh Cauliflower Blushing Pears Milk</p>		<p>26 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Chicken Strips Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls WG Mandarin Oranges/Milk</p>		<p>27 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Deli Turkey/Cheese/Bun WG Potato Wedges Baby Carrots Rosy Applesauce Milk</p>		<p>28 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce Romaine Lettuce/Dressing Green Beans Fresh Fruit/Milk</p>		<p>29 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Walking Taco WG Refried Beans Baby Carrots Pineapple Milk</p>	

NV Schools offer skim, 1% white milk and chocolate skim milk.

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.

WG = Whole Grain.

This institution is an equal opportunity provider.