

Nodaway Valley High School February 2024

Monday

Tuesday

Wednesday

Thursday

Friday

<i>Menus Subject to Change</i> <i>*Denotes Whole Grain</i>	<i>Parents may deposit money to their student's meal account in JMC Parent. Click on the JMC Parent tab under Parents on the Nodaway Valley web site at www.nodawayvalley.org</i>			
			1 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel LUNCH-Chicken Nuggets* Tater Tots Fresh Broccoli BB Sandwich* Fresh Fruit/Milk	2 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Walking Taco* Cooked Carrots Baby Carrots Strawberry Cup Milk
5 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Fish Nuggets Macaroni & Cheese WG Savory Carrots/Fresh Cauliflower Blushing Pears Milk	6 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites LUNCH-Chicken Strips* Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls* Mandarin Oranges/Milk	7 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Pork Tenderloin/Bun* Green Beans Baby Carrots Rosy Applesauce Milk	8 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Romaine Lettuce/Dressing Corn Fresh Fruit/Milk	9 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Crispitos* Refried Beans Cucumber Slices Strawberries & Peaches Milk
12 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Chicken Patty*/Bun* Tater Tots Fresh Broccoli Blushing Pears Fruit Slushie/Milk	13 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites LUNCH-Baked Potato/Diced H Cheese Sauce Steamed Broccoli Dinner Rolls* Mandarin Oranges/Milk	14 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Savory Carrots Corn Rosy Applesauce/Milk	15 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel LUNCH-BBQ Rib/Bun* Baked Beans Baby Carrots Fresh Fruit Milk	16 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Pizza* Green Beans Romaine Lettuce/Dressing Strawberry Cup Milk
19 NO SCHOOL PROFESSIONAL LEARNING DAY	20 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites LUNCH-Chicken Nuggets* Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls* Mandarin Oranges/Milk	21 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Hamburger or Cheesebu Bun*/Baked Beans Baby Carrots Rosy Applesauce Milk	22 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel LUNCH-Chicken Alfredo* Cooked Carrots/Celery Sticks Garlic Knot* Fresh Fruit Milk	23 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Cheese Quesadilla* Romaine Lettuce/Dressing Corn Pineapple Tidbits Milk
26 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Tangerine Chicken* Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich* Blushing Pears/Milk	27 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites LUNCH-Shrimp Poppers* Broccoli w/Cheese Sauce String Cheese/Celery Sticks Garlic Knot* Mandarin Oranges/Milk	28 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Popcorn Chicken* Baked Beans Cucumber Slices BB Sandwich* Rosy Applesauce/Milk	29 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel LUNCH-Blueberry Waffles* Egg Omelet Hashbrowns/Baby Carrots Banana Milk	

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 a

This institution is an equal opportunity provider.

