

Nodaway Valley Middle School February 2026

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit LUNCH-Meatball Sub* Tater Tots Cucumber Slices Fresh Apple Milk</p>	<p>3 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Cheesy Ham Hashbrown Casserole Baby Carrots Garlic Toast* Mandarin Oranges/Milk</p>	<p>4 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Green Beans Fresh Broccoli Rosy Applesauce/Milk</p>	<p>5 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Sloppy Joes/Bun* Sweet Potato Fries Cole Slaw Fresh Fruit Milk</p>	<p>6 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Soft Shell Tacos* Refried Beans Cherry Tomatoes Strawberry Cup Milk</p>
<p>9 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Chicken Alfredo* Savory Carrots Cucumber Slices Blushing Pears Milk</p>	<p>10 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Cowboy Cavatini Steamed Corn Baby Carrots Garlic Knot* Frozen Fruit Slushie/Milk</p>	<p>11 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Grilled Chicken Bacon Ranch/Bun* Baked Beans Cucumber Slices Rosy Applesauce/Milk</p>	<p>12 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Hamburger or Cheeseburger Bun*/Potato Wedges Red Pepper Strips Fresh Fruit Milk</p>	<p>13 BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Crispito* Green Beans Baby Carrots BB Sandwich* Warm Cinnamon Apples/Milk</p>
<p>16</p> <p>NO SCHOOL PROFESSIONAL LEARNING DAY</p>	<p>17 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Tangerine Chicken* Rice (Brown)*/Cooked Carrots Fresh Cauliflower BB Sandwich* Blushing Pears/Milk</p>	<p>18 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Fish Nuggets* Broccoli Normandy w/Cheese Sauce French Fries Rosy Applesauce Milk</p>	<p>19 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Confetti Pancakes* Egg Omelet Tri Taters/Baby Carrots Banana Milk</p>	<p>20 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Cheese Quesadilla* Refried Beans Steamed Corn Strawberries & Peaches Milk</p>
<p>23 BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit LUNCH-Chicken Wrap* w/Ranch Savory Carrots Fresh Broccoli Graham Crackers* Blushing Pears/Milk</p>	<p>24 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Chicken Drumstick Mashed Potatoes/Gravy Baby Carrots Breadstick* Fruit Cocktail/Milk</p>	<p>25 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Cheesy French Bread Pizza* w/Marinara Sauce Baked Beans Fresh Cauliflower Rosy Applesauce/Milk</p>	<p>26 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Popcorn Chicken* Bowl (Includes Mashed Potatoes, Gravy, Corn, Popcorn Chicken & Cheese) Dinner Roll* Fresh Fruit/Milk</p>	<p>27 BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Deep Dish Cheese Pizza* Mixed Vegetables Cucumber Slices Strawberry Cup Milk</p>
			<p><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></p>	<p><i>Menus Subject to Change</i></p> <p><i>*Denotes Whole Grain</i></p> <p><i>Extra Milk is 50 cents (with a sack lunch from home)</i></p>

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

Milk is offered as a part of every meal. Students DO NOT have to take milk if they choose not to.

HOWEVER, the student must take a minimum of 3 items and they have to have a 1/2 cup of fruit or vegetable.

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

NV Middle School offers baked and kettle cooked chips, WG rice krispie bar etc. as ala carte items that can be purchased.

Fresh vegetables offered daily including Romaine Lettuce/Dressing and Baby Carrots.

This institution is an equal opportunity provider.

