

Nodaway Valley Middle School

September 2025

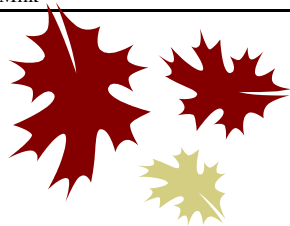
Monday

Tuesday

Wednesday

Thursday

Friday

1 NO SCHOOL Labor Day	2 BREAKFAST-Juice, Milk Breakfast Bagel* & Fruit LUNCH-Tangerine Chicken* Rice (Brown)*/Cooked Carrots Fresh Cauliflower BB Sandwich* Apple Slices/Milk	3 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Corn Dog French Fries Baby Carrots Rosy Applesauce Milk	4 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Popcorn Chicken* Bowl (Includes Mashed Potatoes, Gravy, Corn, Popcorn Chicken & Cheese) Dinner Roll* Fresh Orange/Milk	5 BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Super Nachos* w/Queso Cheese Refried Beans Green Beans Frozen Fruit Cup/Milk
8 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Chicken Patty*/Bun* Baked Beans Fresh Cauliflower Fresh Pear Milk	9 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Cowboy Cavatini Savory Carrots Cucumber Slices Garlic Toast* Frozen Fruit Cup/Milk	10 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Cheesy French Bread Pizza* w/Marinara Sauce Tater Tots Fresh Broccoli Rosy Applesauce/Milk	11 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Sloppy Joes/Bun* Corn Cucumber Slices Apple Slices Milk	12 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Pizza Crunchers* w/Marinara Sauce Green Beans Red Pepper Strips Diced Peaches/Milk
15 BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit LUNCH-Chicken Wrap* w/Ranch Savory Carrots Fresh Broccoli Graham Crackers* Fruit Cocktail/Milk	16 BREAKFAST-Juice, Milk Breakfast Bagel* & Fruit LUNCH-Breaded Pork Steak* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Mandarin Oranges/Milk	17 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Hamburger or Cheeseburger Bun*/Potato Wedges Red Pepper Strips Rosy Applesauce Milk	18 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-BBQ Rib/Bun* Baked Beans Creamy Cole Slaw Banana Milk	19 BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Stuffed Crust Pizza* Mixed Vegetables Cucumber Slices Strawberries & Peaches Milk
22 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Italian Sub* w/Cheese Baked Beans Green Beans Fresh Orange Milk	23 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Chicken Strips* Mashed Potatoes/Gravy Baby Carrots Dinner Roll* Mandarin Oranges/Milk	24 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Chicken Alfredo* Mixed Vegetables Cucumber Slices Rosy Applesauce Milk	25 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Hot Dog/Bun* Potato Wedges Savory Carrots Fresh Grapes Milk	26 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Deep Dish Pizza* Green Beans Romaine Lettuce/Dressing Diced Peaches Milk
29 BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit LUNCH-Pulled Pork/Bun* French Fries Creamy Cole Slaw Fresh Fruit Milk	30 BREAKFAST-Juice, Milk Breakfast Bagel* & Fruit LUNCH-Shrimp Poppers* Broccoli w/Cheese Sauce Cucumber Slices/String Cheese Cinnamon Roll* Fruit Cocktail/Milk			<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>
				<i>Menus Subject to Change</i> <i>*Denotes Whole Grain</i> <i>Extra Milk is 50 cents (with a sack lunch from home)</i>

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.

