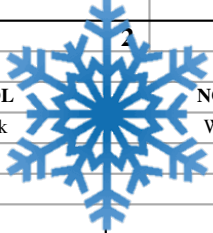
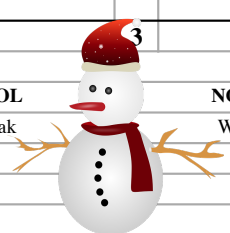


Nodaway Valley Middle School January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
NO SCHOOL Winter Break	NO SCHOOL Winter Break	NO SCHOOL Winter Break	BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit	BREAKFAST-Juice, Milk Long John* & Fruit
			LUNCH-Chicken Nuggets* Tater Tots Cucumber Slices BB Sandwich* Rosy Applesauce/Milk	LUNCH-Fiestada* Mixed Vegetables Baby Carrots Strawberry Cup Milk
8 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit	9 BREAKFAST-Juice, Milk French Toast* & Fruit	10 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit	11 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit	12 BREAKFAST-Juice, Milk Long John* & Fruit
LUNCH-Macaroni* & Cheese Savory Carrots Fresh Cauliflower BB Sandwich* Blushing Pears/Milk	LUNCH-Chicken Strips* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Mandarin Oranges/Milk	LUNCH-Pork Tenderloin/Bun* Green Beans Baby Carrots Rosy Applesauce Milk	LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Romaine Lettuce/Dressing Corn Fresh Fruit/Milk	LUNCH-Walking Taco* Refried Beans Baby Carrots Pineapple Milk
15 NO SCHOOL	16 BREAKFAST-Juice, Milk Blueberry Waffles* & Fruit	17 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit	18 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit	19 BREAKFAST-Juice, Milk Long John* & Fruit
PROFESSIONAL LEARNING DAY	LUNCH-Cowboy Cavatini Cooked Carrots Cucumber Slices Garlic Knot* Mandarin Oranges/Milk	LUNCH-Popcorn Chicken* Broccoli w/cheese Baby Carrots BB Sandwich* Rosy Applesauce/Milk	LUNCH-Blueberry Waffles* Egg Omelet Hashbrowns/Baby Carrots Banana Milk	LUNCH-Crispito* Refried Beans Cucumber Slices BB Sandwich* Strawberries & Peaches/Milk
22 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit	23 BREAKFAST-Juice, Milk French Toast* & Fruit	24 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit	25 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit	26 BREAKFAST-Juice, Milk Long John* & Fruit
LUNCH-Tomato Soup/Crackers Grilled Cheese Sandwich* Yogurt/Fresh Broccoli Blushing Pears Milk	LUNCH-Chicken Nuggets* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Mandarin Oranges/Milk	LUNCH-BBQ Rib/Bun* Baked Beans Baby Carrots Rosy Applesauce Milk	LUNCH-Chicken Teriyaki Brown Rice* Mixed Vegetables/Fresh Cauliflower BB Sandwich* Fresh Fruit/Milk	LUNCH-Pizza* Romaine Lettuce/Dressing Corn Strawberry Cups Milk
29 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit	30 BREAKFAST-Juice, Milk Blueberry Waffles* & Fruit	31 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit	Menus Subject to Change	<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>
LUNCH-Hot Ham & Cheese/Bun*	LUNCH-Baked Potato/Diced Ham	LUNCH-Hamburger or Cheeseburger	*Denotes Whole Grain	
Green Beans	Cheese Sauce	Bun*/Baked Beans		
Baby Carrots	Steamed Broccoli	Cucumber Slices		
Blushing Pears	Graham Crackers*	Rosy Applesauce		
Milk	Applesauce Cup/Milk	Milk		
NV Schools offers 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 fruit or vegetable.				
Breakfast option offered daily: Cereal, Toast, Fruit, Juice & Milk or 2 pieces of Toast, Juice & Milk.				
NV Middle School offers baked and kettle cooked chips, WG rice krispie bar etc. as ala carte items that can be purchased.				
Romaine Lettuce/Lite Ranch Dressing and Baby Carrots offered daily.				
This institution is an equal opportunity provider.				