

# Nodaway Valley Middle School August 2024


Monday

Tuesday

Wednesday

Thursday

Friday

<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 <a href="http://www.nodawayvalley.org">www.nodawayvalley.org</a></i></p>			1	2
<p>The Free and Reduced Meals Application is available online or at any office. Ask for information by calling the Superintendent's Office at 641-630-1042 or e-mail <a href="mailto:jstender@nodawayvalley.org">jstender@nodawayvalley.org</a>. <b>All information is strictly confidential.</b></p>				
5	6	7	8	9 <i>Menus Subject to Change</i>  <i>*Denotes Whole Grain</i>
12	13	14	15	16
19				23 BREAKFAST-Juice, Milk Mini Donuts* & Fruit LUNCH-Chicken Patty/Bun* Tater Tots Baby Carrots Applesauce Milk
26 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Macaroni & Cheese* Savory Carrots Baby Carrots BB Sandwich* Blushing Pears/Milk	27 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Chicken Strips* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Mandarin Oranges/Milk	28 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Deli Turkey/Cheese/Bun WG Green Beans Baby Carrots Rosy Applesauce Milk	29 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-BBQ Rib/Bun* Baked Beans Cucumber Slices Fresh Fruit Milk	30 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Pizza* Corn Baby Carrots Diced Peaches 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.

