

Nodaway Valley High School

November 2023

Monday

Tuesday

Wednesday

Thursday

Friday

<p><i>Menus Subject to Change</i></p> <p><i>*Denotes Whole Grain</i></p>	 <p>Veterans Day - November 11</p>	<p>1 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John LUNCH-Chicken Nuggets* French Fries Cucumber Slices BB Sandwich* Rosy Applesauce/Milk</p>	<p>2 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Baked Beans Fresh Broccoli Fresh Fruit/Milk</p>	<p>3 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Fiestada* Mixed Vegetables Baby Carrots Pineapple Milk</p>
<p>6 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Tangerine Chicken* Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich* Fruit Cocktail/Milk</p>	<p>7 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites LUNCH-Chicken Strips* Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls* Mandarin Oranges/Milk</p>	<p>8 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Chicken Wrap* w/Rar Potato Wedges Mixed Vegetables Graham Crackers* Applesauce Cup/Milk</p>	<p>9 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel LUNCH-BBQ Rib/Bun* Romaine Lettuce/Dressing Baked Beans Fresh Fruit Milk</p>	<p>10 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Walking Taco* Refried Beans Baby Carrots Pineapple Milk</p>
<p>13 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Hot Ham & Cheese/B Romaine Lettuce/Dressing Corn Blushing Pears Milk</p>	<p>14 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites LUNCH-Turkey Gravy Mashed Potatoes Celery Sticks/Jello Cranberry Sauce/Dinner Rolls* Mandarin Oranges/Milk</p>	<p>15 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Cheeseburger/Bun* Baked Beans Sliced Cucumbers Rosy Applesauce Milk</p>	<p>16 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel LUNCH-Blueberry Waffles* Egg Omelet Hashbrowns/Baby Carrots Banana Milk</p>	<p>17 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Cheesy Calzone* w/Marinara Sauce Romaine Lettuce/Dressing Green Beans Strawberries & Peaches/Milk</p>
<p>20 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Tomato Soup/Cracker Grilled Cheese Sandwich* Yogurt/Fresh Broccoli Mandarin Oranges Milk</p>	<p>21 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites LUNCH-Hot Dog/Bun* Potato Wedges Cucumber Slices Applesauce Cup Milk</p>	<p>22</p> <p>NO SCHOOL</p>	<p>23 NO SCHOOL</p> <p>HAPPY THANKSGIVING</p> 	<p>24</p> <p>NO SCHOOL</p>
<p>27 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Sloppy Joes/Bun* Savory Carrots Cole Slaw Fruit Cocktail Milk</p>	<p>28 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites LUNCH-Chicken Drumstick* Mashed Potatoes/Gravy Celery Sticks Dinner Rolls* Mandarin Oranges/Milk</p>	<p>29 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Popcorn Chicken* Baked Beans Cucumber Slices BB Sandwich* Rosy Applesauce/Milk</p>	<p>30 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel LUNCH-Chicken Alfredo* Green Beans/Baby Carrots Garlic Knot* Fresh Fruit 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>

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 and Baby Carrots.

WG = Whole Grain.

This institution is an equal opportunity provider.