

Nodaway Valley High 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 Sausage Gravy & Biscuit* or Frudel*	BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR*
8	9	10	11	12
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
8	9	10	11	12
BREAKFAST-Juice, Milk Breakfast Pizza* or Long John*	BREAKFAST-Juice, Milk French Toast* or Breakfast Bites*	BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John*	BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel*	BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR*
LUNCH-Fish Nuggets	LUNCH-Chicken Strips*	LUNCH-Pork Tenderloin/Bun*	LUNCH-Cheesy French Bread	LUNCH-Walking Taco*
Macaroni & Cheese WG	Mashed Potatoes/Gravy	Green Beans	Pizza*/w Marinara Sauce	Refried Beans
Savory Carrots/Fresh Cauliflower	Cucumber Slices	Baby Carrots	Romaine Lettuce/Dressing	Baby Carrots
Blushing Pears	Dinner Rolls*	Rosy Applesauce	Corn	Pineapple
Milk	Mandarin Oranges/Milk	Milk	Fresh Fruit/Milk	Milk
15	16	17	18	19
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
PROFESSIONAL LEARNING DAY	LUNCH-Cowboy Cavatini	LUNCH-Popcorn Chicken*	LUNCH-Blueberry Waffles*	LUNCH-Crispitos WG
Cooked Carrots	Broccoli w/cheese	Egg Omelet	Hashbrowns/Baby Carrots	Refried Beans
Cucumber Slices	Baby Carrots	Banana	Strawberries & Peaches	Milk
Garlic Knot*	BB Sandwich*	Rosy Applesauce/Milk	Milk	Milk
Mandarin Oranges/Milk	Milk	Milk	Milk	Milk
22	23	24	25	26
BREAKFAST-Juice, Milk Breakfast Pizza* or Long John*	BREAKFAST-Juice, Milk French Toast* or Breakfast Bites*	BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John*	BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel*	BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR*
LUNCH-Tomato Soup/Crackers	LUNCH-Chicken Nuggets	LUNCH-BBQ Rib/Bun*	LUNCH-Chicken Teriyaki	LUNCH-Pizza*
Grilled Cheese Sandwich*	Mashed Potatoes/Gravy	Baked Beans	Brown Rice*	Romaine Lettuce
Yogurt/Fresh Broccoli	Cucumber Slices	Baby Carrots	Mixed Vegetables/Fresh Cauliflower	Steamed Corn
Blushing Pears	Dinner Rolls WG	Rosy Applesauce	BB Sandwich*	Strawberry Cup
Milk	Mandarin Oranges/Milk	Milk	Fresh Fruit/Milk	Milk
29	30	31	<i>Menus Subject to Change</i>	
BREAKFAST-Juice, Milk Breakfast Pizza* or Long John*	BREAKFAST-Juice, Milk French Toast* or Breakfast Bites*	BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John*	<i>*Denotes Whole Grain</i>	
LUNCH-Hot Ham & Cheese/Bun*	LUNCH-Baked Potato/Diced Ham	LUNCH-Hamburger or Cheeseburger	<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>	
Green Beans	Cheese Sauce	Bun*/Baked Beans		
Baby Carrots	Steamed Broccoli	Cucumber Slices		
Blushing Pears	Dinner Rolls*	Rosy Applesauce		
Milk	Mandarin Oranges/Milk	Milk		
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.				
This institution is an equal opportunity provider.				