

Nodaway Valley Middle School February 2024

Monday

Tuesday

Wednesday

Thursday

Friday

<i>Menus Subject to Change</i> <i>*Denotes Whole Grain</i>	<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>		1 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Chicken Nuggets* Tater Tots Fresh Broccoli BB Sandwich* Fresh Fruit/Milk	2 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Walking Taco* Cooked Carrots Baby Carrots Strawberry Cup Milk
5 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Macaroni* & Cheese Savory Carrots Fresh Cauliflower BB Sandwich* Blushing Pears/Milk	6 BREAKFAST-Juice, Milk Blueberry Waffles* & Fruit LUNCH-Chicken Strips* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Mandarin Oranges/Milk	7 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Pork Tenderloin/Bun* Green Beans Baby Carrots Rosy Applesauce Milk	8 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Romaine Lettuce/Dressing Corn Fresh Fruit/Milk	9 BREAKFAST-Juice, Milk Mini Donuts* & Fruit LUNCH-Crispito* Refried Beans Cucumber Slices BB Sandwich* Diced Peaches/Milk
12 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Chicken Patty/Bun* Tater Tots Fresh Broccoli Blushing Pears Milk	13 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Scalloped Potatoes & Romaine Lettuce/Dressing Baby Carrots Dinner Roll* Mandarin Oranges/Milk	14 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Savory Carrots Cucumber Slices Rosy Applesauce/Milk	15 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-BBQ Rib/Bun* Baked Beans Baby Carrots Fresh Fruit Milk	16 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Cheese Pizza* Green Beans Romaine Lettuce/Dressing Strawberry Cup Milk
19 NO SCHOOL PROFESSIONAL LEARNING DAY	20 BREAKFAST-Juice, Milk Blueberry Waffles* & Fruit LUNCH-Chicken Nuggets* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Mandarin Oranges/Milk	21 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Hamburger or Cheeseburger* Bun*/Baked Beans Baby Carrots Rosy Applesauce Milk	22 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Chicken Alfredo* Cooked Carrots Celery Sticks Fresh Fruit Milk	23 BREAKFAST-Juice, Milk Mini Donuts* & Fruit LUNCH-Cheese Quesadilla* Romaine Lettuce/Dressing Corn Pineapple Milk
26 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Tangerine Chicken* Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich* Fruit Cocktail/Milk	27 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Shrimp Poppers* Broccoli w/Cheese Sauce Celery Sticks/String Cheese Dinner Roll* Mandarin Oranges/Milk	28 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Popcorn Chicken* Baked Beans Cucumber Slices BB Sandwich* Rosy Applesauce/Milk	29 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Blueberry Waffles* Egg Omelet Hashbrowns/Baby Carrots Banana 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 n
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 ca
Romaine Lettuce/Lite Ranch Dressing and Baby Carrots offered daily.

This institution is an equal opportunity provider.

