

Nodaway Valley Middle School December 2022

Monday

Tuesday

Wednesday

Thursday

Friday



*Menus Subject
to Change*

*Milk and Juice Served
with Breakfast
Milk Served with Lunch*

<p>5 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk</p>	<p>6 BREAKFAST-Juice, Milk Apple Frudel WG & Fruit LUNCH-Cowboy Cavatini Green Beans Baby Carrots Garlic Knot WG Mandarin Oranges/Milk</p>	<p>7 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Popcorn Chicken Broccoli & Cheese Sliced Cucumbers BB Sandwich WG Rosy Applesauce/Milk</p>	<p>1 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Chicken Alfredo Green Beans/Fresh Broccoli Garlic Knot WG Fresh Fruit Milk</p>	<p>2 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Walking Taco WG Refried Beans Baby Carrots Strawberry Cup Milk</p>
<p>12 BREAKFAST-Juice, Milk Pancakes WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk</p>	<p>13 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Turkey Gravy Mashed Potatoes Celery Sticks Dinner Roll WG/Jello Mandarin Oranges/Milk</p>	<p>14 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce California Mixed Vegetables Baby Carrots Warm Cinnamon Apples/Milk</p>	<p>15 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-BBQ Rib/Bun WG Baked Beans Cucumber Slices Fresh Fruit Milk</p>	<p>9 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Crispito WG Cottage Cheese/Refried Beans Sliced Cucumbers BB Sandwich Pineapple/Milk</p>
<p>19 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Tomato Soup/Crackers Grilled Cheese Sandwich WG Yogurt/Fresh Broccoli Mandarin Oranges Milk</p>	<p>20 BREAKFAST-Juice, Milk Apple Frudel WG & Fruit LUNCH-Hot Dog/Bun WG French Fries Cucumber Slices Sun Chips WG Applesauce Cup/Milk</p>	<p>21 NO SCHOOL Winter Break</p>	<p>22 NO SCHOOL Winter Break</p>	<p>23 NO SCHOOL Winter Break</p>
<p>26 NO SCHOOL Winter Break</p> 	<p>27 NO SCHOOL Winter Break</p>	<p>28 NO SCHOOL Winter Break</p> 	<p>29 NO SCHOOL Winter Break</p>	<p>30 NO SCHOOL Winter Break</p> 

NV Schools offers skim, 1% white milk and chocolate skim milk everyday.

Breakfast option offered daily: Cereal, Toast, Fruit, Juice & Milk or 2 pieces of Toast, Juice & Milk.

NV Middle School offers reduced fat ice cream, WG rice krispie bar etc. as ala carte items that can be purchased.

WG = Whole Grain.

This institution is an equal opportunity provider.