Monday	Tuesday	Wednesday	Thursday	Friday
1		3	4 BREAKFAST-Juice, Milk	5
	W lk		Breakfast Pizza* & Fruit	
NO SCHOOL	NO SCHOOL	NO SCHOOL	LUNCH-Chicken Nuggets*	NO SCHOOL
Winter Break	Winter Break	Winter Break	Tater Tots	FOR PRESCHOOL
			Cucumber Slices	
			BB Sandwich*	
	-		Rosy Applesauce/Milk	
8 BREAKFAST-Juice, Milk	9 BREAKFAST-Juice, Milk	10 BREAKFAST-Juice, Milk	11 BREAKFAST-Juice, Milk	12
Breakfast Bites* & Fruit	French Toast* & Fruit	Cinnamon Toast Waffles* & Fruit	Breakfast Pizza* & Fruit	
LUNCH-Macaroni* & Cheese	LUNCH-Chicken Strips*	LUNCH-Pork Tenderloin*/Bun*	LUNCH-Cheesy French Bread	NO SCHOOL
Savory Carrots	Mashed Potatoes/Gravy	Green Beans	Pizza* w/Marinara Sauce	FOR PRESCHOOL
BB Sandwich*	Dinner Roll*	Rosy Applesauce	Romaine Lettuce/Dressing	
Blushing Pears	Mandarin Oranges	Milk	Fresh Fruit	
Milk	Milk		Milk	
15 NO SCHOOL	16 BREAKFAST-Juice, Milk	17 BREAKFAST-Juice, Milk	18 BREAKFAST-Juice, Milk	19
	Dutch Waffle* & Fruit	Confetti Pancakes* & Fruit	Breakfast Pizza* & Fruit	
PROFESSIONAL LEARNING	LUNCH-Cowboy Cavatini	LUNCH-Popcorn Chicken*	LUNCH-Blueberry Waffles*	NO SCHOOL
DAY	Cooked Carrots	Broccoli w/Cheese	Egg Omelet	FOR PRESCHOOL
	Dinner Roll*	BB Sandwich*	Hash Brown	
	Mandarin Oranges	Rosy Applesauce	Banana	
	Milk	Milk	Milk	
22 BREAKFAST-Juice, Milk	23 BREAKFAST-Juice, Milk	24 BREAKFAST-Juice, Milk	25 BREAKFAST-Juice, Milk	26
Breakfast Bites* & Fruit	French Toast* & Fruit	Cinnamon Toast Waffles* & Fruit	Breakfast Pizza* & Fruit	
LUNCH-Tomato Soup/Crackers	LUNCH-Chicken Nuggets*	LUNCH-BBQ Rib/Bun*	LUNCH-Chicken Teriyaki	NO SCHOOL
Grilled Cheese Sandwich*	Mashed Potatoes/Gravy	Baked Beans	Brown Rice*	FOR PRESCHOOL
String Cheese	Dinner Roll*	Rosy Applesauce	Mixed Vegetables	
Blushing Pears	Mandarin Oranges	Milk	Fresh Fruit	
Milk	Milk		Milk	
29 BREAKFAST-Juice, Milk	30 BREAKFAST-Juice, Milk	31 BREAKFAST-Juice, Milk	Menus Subject to Change	Parents may deposit money
Breakfast Bites* & Fruit	Dutch Waffle* & Fruit	Confetti Pancakes* & Fruit		to their student's meal account
LUNCH-Hot Ham & Cheese/Bun*	LUNCH-Scalloped Potatoes & Ham	LUNCH-Hamburger or Cheeseburger	*Denotes Whole Grain	in JMC Parent.
Green Beans	Romaine Lettuce/Dressing	Bun*		Click on the JMC Parent
Blushing Diced Pears	Dinner Roll*	Baked Beans	Extra Milk is 50 cents	tab under Parents on the
Milk	Mandarin Oranges	Rosy Applesauce	(with a sack lunch from home)	Nodaway Valley web site at
	Milk	Milk		www.nodawayvalley.org
NV Schools offer skim white milk o	or 1% white milk for Preschool.	•		
Breakfast option offered daily: Cer	eal, Fruit & Milk.			
This institution is an equal opportu	mity provider.			