

Nodaway Valley Middle School September 2022



Monday

Tuesday

Wednesday

Thursday

Friday

<p><i>Menus Subject to Change</i></p> <p><i>Milk and Juice Served with Breakfast</i></p> <p><i>Milk Served with Lunch</i></p>	<p><i>Parents may deposit money to their student's meal account with SchoolPay, a secure online payment system. Click on the SchoolPay link on the Nodaway Valley web site at www.nodawayvalley.org</i></p>	<p>1 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-BBQ Rib/Bun WG Baked Beans Fresh Broccoli Fresh Fruit Milk</p>	<p>2 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Pizza WG Romaine Lettuce/Dressing Corn Diced Peaches Milk</p>	
<p>5 NO SCHOOL LABOR DAY</p>	<p>6 BREAKFAST-Juice, Milk Dutch Waffles WG & Fruit LUNCH-Pork Tenderloin Mashed Potatoes/Gravy Celery Sticks Dinner Roll WG Mandarin Oranges/Milk</p>	<p>7 BREAKFAST-Juice, Milk Blueberry Waffles WG & Fruit LUNCH-Cheeseburger/Bun WG Broccoli & Cheese Sliced Cucumbers Rosy Applesauce Milk</p>	<p>8 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Chicken Wrap w/Ranch Green Beans Baby Carrots Graham Crackers WG Fresh Fruit/Milk</p>	<p>9 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Crispito WG Refried Beans Sliced Cucumbers BB Sandwich Pineapple/Milk</p>
<p>12 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-BBQ Chicken/Bun WG Savory Carrots Fresh Cauliflower Blushing Pears Milk</p>	<p>13 BREAKFAST-Juice, Milk Apple Frudel WG & Fruit LUNCH-Spaghetti & Meatballs Green Beans Baby Carrots Garlic Knot WG Mandarin Oranges/Milk</p>	<p>14 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Hot Dog/Bun WG Baked Beans Cucumber Slices Sun Chips WG Applesauce Cup/Milk</p>	<p>15 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Blueberry Waffles WG Egg Omelet Hashbrowns/Baby Carrots Banana Milk</p>	<p>16 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Cheese Quesadilla WG Romaine Lettuce/Dressing Fresh Broccoli Strawberries & Peaches Milk</p>
<p>19 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk</p>	<p>20 BREAKFAST-Juice, Milk Dutch Waffles WG & Fruit LUNCH-Shrimp Poppers Broccoli & Cheese Celery Sticks/String Cheese Cinnamon Roll WG Mandarin Oranges/Milk</p>	<p>21 BREAKFAST-Juice, Milk Blueberry Waffles WG & Fruit LUNCH-Cheesy French Bread Pizza WG/w Marinara Sauce Green Beans/Baby Carrots Rosy Applesauce Milk</p>	<p>22 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Popcorn Chicken Baked Beans Cucumber Slices BB Sandwich WG Fresh Fruit/Milk</p>	<p>23 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Fiestada WG Corn Baby Carrots Diced Peaches Milk</p>
<p>26 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower BB Sandwich WG Blushing Pears/Milk</p>	<p>27 BREAKFAST-Juice, Milk Apple Frudel WG & Fruit LUNCH-Chicken Strips Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk</p>	<p>28 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Pizza Crunchers WG w/Marinara Sauce Mixed Vegetables Baby Carrots Applesauce Cup/Milk</p>	<p>29 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Pulled Pork/Bun WG Baked Beans Fresh Broccoli Apple Slices Milk</p>	<p>30 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Walking Taco WG Refried Beans Baby Carrots Pineapple Milk</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.