

Nodaway Valley High School

February 2023

Monday

Tuesday

Wednesday


Thursday

Friday

*Menus Subject
to Change*

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

*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*

		1 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Cheeseburger/Bun WG Potato Wedges Baby Carrots Rosy Applesauce Milk	2 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Hot Ham&Cheese/Bun WG Baked Beans Cucumber Slices Sun Chips WG Fresh Fruit/Milk	3 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Fiestada WG Romaine Lettuce/Dressing Corn Diced Peaches Milk
6 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-BBQ Rib/Bun WG French Fries Cucumber Slices Blushing Pears Milk	7 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Cowboy Cavatini Green Beans Baby Carrots Garlic Knot WG Mandarin Oranges/Milk	8 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Chicken Alfredo Romaine Lettuce/Dressing Fresh Broccoli/Garlic Knot WG Applesauce Cup Milk	9 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Grilled Chicken/Bun WG Savory Carrots Fresh Cauliflower Fresh Fruit Milk	10 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Crispitos WG Cottage Cheese/Refried Beans Sliced Cucumbers Pineapple Milk
13 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk	14 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Chicken Nuggets Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk	15 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Ham, Egg, Cheese Croissant WG Hashbrowns/Baby Carrots Strawberry Applesauce Cup Milk	16 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Chicken Wrap w/Ranch Potato Wedges Mixed Vegetables Graham Crackers Banana/Milk	17 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Walking Taco WG Refried Beans Baby Carrots Strawberries & Peaches Milk
20 NO SCHOOL PROFESSIONAL LEARNING DAY	21 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Tomato Soup/Crackers Grilled Cheese Sandwich WG Yogurt/Fresh Broccoli Mandarin Oranges Milk	22 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Popcorn Chicken Broccoli & Cheese Sliced Cucumbers BB Sandwich WG Rosy Applesauce/Milk	23 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Sloppy Joes/Bun WG Baked Beans Baby Carrots Sun Chips WG Fresh Fruit/Milk	24 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Pizza WG Green Beans Sliced Cucumbers Strawberry Cup Milk
27 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Milk	28 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Pork Tenderloin Mashed Potatoes/Gravy Celery Sticks Dinner Rolls WG Mandarin Oranges/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.

WG = Whole Grain.

This institution is an equal opportunity provider.

