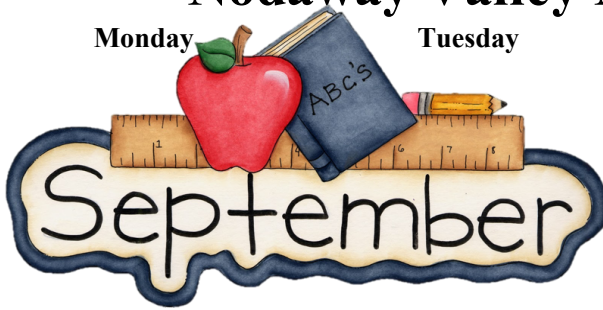


# Nodaway Valley Middle School

# September 2023



Monday

Tuesday

Wednesday

Thursday

Friday

		<p><i>Parents may deposit money to their student's meal account in JMC Parent.</i></p> <p><i>Click on the JMC Parent tab under Parents on the Nodaway Valley web site at <a href="http://www.nodawayvalley.org">www.nodawayvalley.org</a></i></p>		<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><b>1</b> BREAKFAST-Juice, Milk Long John WG &amp; Fruit LUNCH-Pizza WG Romaine Lettuce/Dressing Corn Diced Peaches Milk</p>			
<p><b>4</b> NO SCHOOL  LABOR DAY</p>		<p><b>5</b> BREAKFAST-Juice, Milk Blueberry Waffles WG &amp; Fruit LUNCH-Spaghetti &amp; Meatballs Green Beans Baby Carrots Garlic Bread Mandarin Oranges/Milk</p>		<p><b>6</b> BREAKFAST-Juice, Milk Sausage Gravy&amp;Biscuit WG &amp; Fruit LUNCH-Cheeseburger/Bun WG Broccoli w/Cheese Sauce Sliced Cucumbers Rosy Applesauce Milk</p>		<p><b>7</b> BREAKFAST-Juice, Milk Breakfast Pizza WG &amp; Fruit LUNCH-Confetti Pancakes WG Egg Omelet Hash Browns/Baby Carrots Banana Milk</p>		<p><b>8</b> BREAKFAST-Juice, Milk Mini WG Donuts &amp; Fruit LUNCH-Crispito WG Refried Beans Sliced Cucumbers BB Sandwich Strawberries &amp; Peaches/Milk</p>	
<p><b>11</b> BREAKFAST-Juice, Milk Breakfast Bites WG &amp; Fruit LUNCH-Sloppy Joes/Bun WG Savory Carrots Cole Slaw Fruit Cocktail Milk</p>		<p><b>12</b> BREAKFAST-Juice, Milk French Toast WG &amp; Fruit LUNCH-Pork Tenderloin Mashed Potatoes/Gravy Celery Sticks Dinner Roll WG Mandarin Oranges/Milk</p>		<p><b>13</b> BREAKFAST-Juice, Milk Sausage Gravy&amp;Biscuit WG &amp; Fruit LUNCH-Hot Dog/Bun WG Baked Beans Cucumber Slices Rosy Applesauce Milk</p>		<p><b>14</b> BREAKFAST-Juice, Milk Breakfast Pizza WG &amp; Fruit LUNCH-Chicken Alfredo Green Beans/Baby Carrots Garlic Knot WG Fresh Fruit Milk</p>		<p><b>15</b> BREAKFAST-Juice, Milk Long John WG &amp; Fruit LUNCH-Cheese Quesadilla WG Romaine Lettuce/Dressing Corn Pineapple Milk</p>	
<p><b>18</b> BREAKFAST-Juice, Milk Breakfast Bites WG &amp; Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk</p>		<p><b>19</b> BREAKFAST-Juice, Milk Blueberry Waffles WG &amp; Fruit LUNCH-Shrimp Poppers Broccoli w/Cheese Sauce Celery Sticks/String Cheese Cinnamon Roll WG Mandarin Oranges/Milk</p>		<p><b>20</b> BREAKFAST-Juice, Milk Sausage Gravy&amp;Biscuit WG &amp; Fruit LUNCH-Cheesy French Bread Pizza WG/w Marinara Sauce Green Beans/Baby Carrots Rosy Applesauce Milk</p>		<p><b>21</b> BREAKFAST-Juice, Milk Breakfast Pizza WG &amp; Fruit LUNCH-Popcorn Chicken Baked Beans Cucumber Slices BB Sandwich WG Fresh Fruit/Milk</p>		<p><b>22</b> BREAKFAST-Juice, Milk Mini WG Donuts &amp; Fruit LUNCH-Fiestada WG Corn Baby Carrots Diced Peaches Milk</p>	
<p><b>25</b> BREAKFAST-Juice, Milk Breakfast Bites WG &amp; Fruit LUNCH-Macaroni &amp; Cheese Savory Carrots Fresh Cauliflower BB Sandwich WG Blushing Pears/Milk</p>		<p><b>26</b> BREAKFAST-Juice, Milk French Toast WG &amp; Fruit LUNCH-Chicken Strips Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk</p>		<p><b>27</b> BREAKFAST-Juice, Milk Sausage Gravy&amp;Biscuit WG &amp; Fruit LUNCH-Deli Turkey/Cheese/Bun WG Potato Wedges Baby Carrots Rosy Applesauce Milk</p>		<p><b>28</b> BREAKFAST-Juice, Milk Breakfast Pizza WG &amp; Fruit LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce Romaine Lettuce/Dressing Green Beans Fresh Fruit/Milk</p>		<p><b>29</b> BREAKFAST-Juice, Milk Long John WG &amp; Fruit LUNCH-Walking Taco WG Refried Beans Baby Carrots Pineapple Milk</p>	

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

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.

Romaine Lettuce/Lite Ranch Dressing and Baby Carrots offered daily.

This institution is an equal opportunity provider.