

Nodaway Valley High School April 2024

Monday

Tuesday

Wednesday

Thursday

Friday

1 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Hot Ham & Cheese/Bun* Potato Wedges Baby Carrots Blushing Pears Milk	2 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chicken Bacon Ranch Pasta* Cooked Carrots Cucumber Slices Garlic Knot* Mandarin Oranges/Milk	3 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Hamburger or Cheeseburger Bun*/Baked Beans Baby Carrots Rosy Applesauce Milk	4 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Chicken Nuggets* Tater Tots Fresh Broccoli BB Sandwich* Fresh Fruit/Milk	5 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Super Nachos* Romaine Lettuce/Dressing Baby Carrots Peaches Milk
8 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Chicken Wrap* w/Ranch Savory Carrots Cucumber Slices Graham Crackers* Blushing Pears/Milk	9 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Shrimp Poppers* Broccoli w/Cheese Sauce String Cheese/Celery Sticks Cinnamon Roll* Mandarin Oranges/Milk	10 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-BBQ Rib/Bun* Baked Beans Cucumber Slices Rosy Applesauce Milk	11 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Blueberry Waffles* Egg Omelet Hashbrowns/Baby Carrots Banana Milk	12 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Fiestada* Mixed Vegetables Cucumber Slices Strawberries & Peaches Milk
15 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Tangerine Chicken* Rice (Brown)*/Cooked Carrots Fresh Cauliflower BB Sandwich* Blushing Pears/Milk	16 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chicken Strips* Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls* Mandarin Oranges/Milk	17 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Romaine Lettuce/Dressing Corn Rosy Applesauce/Milk	18 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Sloppy Joes/Bun* Baked Beans Cole Slaw Fresh Fruit Milk	19 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Cheesy Calzone* w/Marinara Sauce Green Beans/Baby Carrots Diced Peaches Milk
22 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Chicken Patty*/Bun* Tater Tots Fresh Broccoli Blushing Pears Fruit Slushie/Milk	23 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Cowboy Cavatini Cooked Carrots Cucumber Slices Garlic Knot* Mandarin Oranges/Milk	24 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Chicken Potstickers* Rice(Brown)*/Steamed Broccoli Baby Carrots Rosy Applesauce Milk	25 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Chicken Alfredo* Mixed Vegetables Cucumber Slices Garlic Knot* Fresh Fruit/Milk	26 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Crispitos* Refried Beans Baby Carrots Pineapple Tidbits Milk
29 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Rodeo Burger/Bun* Onion Rings Baked Beans Blushing Pears Milk	30 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Cheesy Ham Hashbrown Casserole Baby Carrots Dinner Rolls* Mandarin Oranges/Milk	<i>Parents may deposit money to their student's meal account in JMC Parent. Click on the JMC Parent tab under Parents on the Nodaway Valley web site at www.nodawayvalley.org</i>		

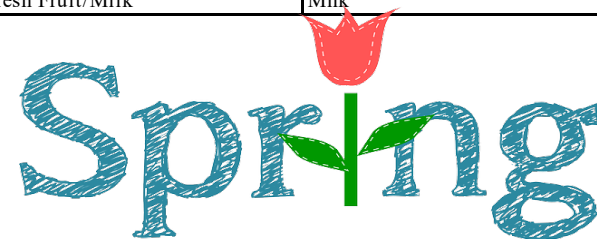
NV Schools offer skim, 1% white milk and chocolate skim milk.

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 including Romaine or Butterhead Lettuce and Baby Carrots.

This institution is an equal opportunity provider.



Menus Subject to Change

* Denotes Whole Grain