

Nodaway Valley Middle School March 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
Sausage Gravy&Biscuit WG & Fruit
LUNCH-Chicken Nuggets
Baked Beans
Baby Carrots
BB Sandwich WG
Rosy Applesauce/Milk

2 BREAKFAST-Juice, Milk
Breakfast Pizza WG & Fruit
LUNCH-Grilled Chicken/Bun WG
Broccoli & Cheese
Cucumber Slices
Fresh Fruit
Milk

3 BREAKFAST-Juice, Milk
Mini WG Donuts & Fruit
LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce
Mixed Vegetables
Baby Carrots
Strawberry Cup/Milk

6 BREAKFAST-Juice, Milk
Breakfast Bites WG & Fruit
LUNCH-Macaroni & Cheese
Savory Carrots
Fresh Cauliflower
BB Sandwich WG
Blushing Pears/Milk

7 BREAKFAST-Juice, Milk
French Toast WG & Fruit
LUNCH-Baked Potato/Diced Ham
Cheese Sauce
Steamed Broccoli
Graham Crackers WG
Applesauce Cup/Milk

8 BREAKFAST-Juice, Milk
Sausage Gravy&Biscuit WG & Fruit
LUNCH-BBQ Rib/Bun WG
Baked Beans
Cucumber Slices
Rosy Applesauce
Milk

9 BREAKFAST-Juice, Milk
Breakfast Pizza WG & Fruit
LUNCH-Sausage, Egg, Cheese
Biscuit WG
Hashbrowns
Baby Carrots
Banana/Milk

10 BREAKFAST-Juice, Milk
Long John WG & Fruit
LUNCH-Cheese Quesadilla WG
Mixed Vegetables
Cucumber Slices
Strawberries & Peaches
Milk

13 BREAKFAST-Juice, Milk
Breakfast Bites WG & Fruit
LUNCH-Hot Ham&Cheese/Bun WG
Baked Beans
Cucumber Slices
Sun Chips WG
Applesauce Cup/Milk

14 BREAKFAST-Juice, Milk
Apple or Cherry Frudel WG & Fruit
LUNCH-Chicken Alfredo
Romaine Lettuce/Dressing
Baby Carrots/Garlic Knot WG
Mandarin Oranges
Milk

15 BREAKFAST-Juice, Milk
Sausage Gravy&Biscuit WG & Fruit
LUNCH-Hot Dog/Bun WG
Potato Wedges
Cucumber Slices
Strawberry Cup
Milk

16 BREAKFAST-Juice, Milk
Breakfast Pizza WG & Fruit
NO LUNCH
Parent-Teacher Conferences
1:00-9:00
Four-Hour Early Dismissal

17
NO SCHOOL

20
Spring Break - No School

21
Spring Break - No School

22
Spring Break - No School

23 BREAKFAST-Juice, Milk
Breakfast Pizza WG & Fruit
LUNCH-Cheeseburger/Bun WG
Baked Beans
Baby Carrots
Rosy Applesauce
Milk

24 BREAKFAST-Juice, Milk
Mini WG Donuts & Fruit
LUNCH-Cheesy French Bread
Pizza WG/w Marinara Sauce
Corn/Cucumber Slices
Pineapple Tidbits
Milk

27 BREAKFAST-Juice, Milk
Breakfast Bites WG & Fruit
LUNCH-Chicken Patty/Bun WG
Savory Carrots
Fresh Broccoli
Blushing Pears
Milk

28 BREAKFAST-Juice, Milk
French Toast WG & Fruit
LUNCH-Spaghetti & Meatballs
Mixed Vegetables
Baby Carrots
Dinner Roll WG
Mandarin Oranges/Milk

29 BREAKFAST-Juice, Milk
Sausage Gravy&Biscuit WG & Fruit
LUNCH-Chicken Strips
French Fries
Sliced Cucumbers
BB Sandwich WG
Rosy Applesauce/Milk

30 BREAKFAST-Juice, Milk
Breakfast Pizza WG & Fruit
LUNCH-Sloppy Joes/Bun WG
Baked Beans
Baby Carrots
Fresh Fruit
Milk

31 BREAKFAST-Juice, Milk
Long John WG & Fruit
LUNCH-Pizza WG
Green Beans
Romaine Lettuce/Dressing
Diced Peaches
Milk

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.

