

# Nodaway Valley Middle School    May 2023

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>1</b> BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk	<b>2</b> BREAKFAST-Juice, Milk Apple or Cherry Frudel WG & Fruit LUNCH-Pork Tenderloin Mashed Potatoes/Gravy Celery Sticks Dinner Roll WG Mandarin Oranges/Milk	<b>3</b> BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Chicken Nuggets Baked Beans Baby Carrots BB Sandwich WG Rosy Applesauce/Milk	<b>4</b> BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce Romaine Lettuce/Dressing Cucumber Slices Strawberry Cup/Milk	<b>5</b> BREAKFAST-Juice, Milk Long John WG & Fruit LUNCH-Pizza WG Green Beans Baby Carrots Peaches Milk
<b>8</b> BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower Graham Crackers Blushing Pears/Milk	<b>9</b> BREAKFAST-Juice, Milk Apple or Cherry Frudel WG & Fruit LUNCH-Pizza Crunchers WG w/Marinara Sauce Romaine Lettuce/Dressing Green Beans Applesauce Cup/Milk	<b>10</b> BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Beef Dippers Mashed Potatoes/Gravy Baby Carrots Dinner Roll WG Mandarin Oranges/Milk	<b>11</b> BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Grilled Chicken/Bun WG Broccoli & Cheese Cucumber Slices Fresh Fruit Milk	<b>12</b> BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Super Nachos WG w/Queso Cheese Refried Beans Baby Carrots Strawberry Cup/Milk
<b>15</b> BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-BBQ Rib/Bun WG Baked Beans Cucumber Slices Fruit Cocktail Milk	<b>16</b> BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli Graham Crackers WG Applesauce Cup/Milk	<b>17</b> BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Cheeseburger/Bun WG Green Beans Cucumber Slices Rosy Applesauce Milk	<b>18</b> BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Sloppy Joes/Bun WG Savory Carrots Baby Carrots Fresh Fruit Milk	<b>19</b> BREAKFAST-Juice, Milk Long John WG & Fruit LUNCH-Cheese Quesadilla WG Mixed Vegetables Fresh Broccoli Strawberries & Peaches Milk
<b>22</b> BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Cook's Choice	<b>23</b> BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Cook's Choice	<b>24</b> BREAKFAST-Juice, Milk Cook's Choice LUNCH-Cook's Choice	<b>25</b> BREAKFAST-Juice, Milk Cook's Choice LUNCH-Cook's Choice	<b>26</b> BREAKFAST-Juice, Milk Cook's Choice LUNCH-Cook's Choice
<b>29 NO SCHOOL</b>  MEMORIAL DAY	<b>30</b> BREAKFAST-Juice, Milk Cook's Choice LUNCH-Cook's Choice	<b>31</b> BREAKFAST-Juice, Milk Cook's Choice LUNCH-Cook's Choice  <i>Last Day of School!</i>	<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 <a href="http://www.nodawayvalley.org">www.nodawayvalley.org</a></i>	<i>Menus Subject to Change</i>  <i>Milk and Juice Served with Breakfast</i> <i>Milk Served with Lunch</i>

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.

