

Nodaway Valley Middle School November 2025

Monday

Tuesday

Wednesday

Thursday

Friday

3 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Chicken Wrap* w/Ranch Savory Carrots Fresh Broccoli Graham Crackers* Blushing Pears/Milk	4 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Tater Tot Casserole Green Beans Dinner Roll* Warm Cinnamon Apples Milk	5 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Baked Beans Romaine Lettuce/Dressing Rosy Applesauce/Milk	6 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Popcorn Chicken* Bowl (Includes Mashed Potatoes, Gravy, Corn, Popcorn Chicken & Cheese) Dinner Roll* Fresh Fruit/Milk	7 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Stuffed Crust Pizza* Mixed Vegetables Cucumber Slices Diced Peaches Milk
10 BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit LUNCH-Tangerine Chicken* Rice (Brown)*/Cooked Carrots Fresh Cauliflower BB Sandwich* Blushing Pears/Milk	11 BREAKFAST-Juice, Milk Breakfast Bagel* & Fruit LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli Dinner Roll* Mandarin Oranges/Milk	12 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Corn Dog French Fries Baby Carrots Rosy Applesauce Milk	13 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Sloppy Joes/Bun* Baked Beans Cole Slaw Banana Milk	14 BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Deep Dish Pizza* Green Beans Red Pepper Strips Diced Peaches Milk
17 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Grilled Chicken/Bun* Broccoli w/Cheese Sauce Cucumber Slices Fresh Pear Milk	18 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Turkey Gravy Mashed Potatoes Baby Carrots Dinner Roll*/Jello Cup Warm Cinnamon Apples/Milk	19 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Cheesy French Bread Pizza* w/Marinara Sauce Potato Wedges Savory Carrots Rosy Applesauce/Milk	20 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Chicken Alfredo* Mixed Vegetables Cucumber Slices Fresh Fruit Milk	21 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Soft Shell Tacos* Refried Beans Cherry Tomatoes Strawberry Cup Milk
24 BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit LUNCH-Chili Soup/Crackers Grilled Cheese Sandwich* Romaine Lettuce/Dressing Cucumber Slices Mandarin Oranges/Milk	25 BREAKFAST-Juice, Milk Breakfast Bagel* & Fruit LUNCH-Hot Dog/Bun* Tater Tots Savory Carrots Applesauce Cup Milk	26 NO SCHOOL	27 NO SCHOOL Happy Thanksgiving!	28 NO SCHOOL
			<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>	<i>Menus Subject to Change</i> <i>*Denotes Whole Grain</i> <i>Extra Milk is 50 cents (with a sack lunch from home)</i>

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

Milk is offered as a part of every meal. Students DO NOT have to take milk if they choose not to.

HOWEVER, the student must take a minimum of 3 items and they have to have a 1/2 cup of fruit or vegetable.

Breakfast option offered daily: Cereal, Toast, Fresh Fruit, Juice & Milk or 2 pieces of Toast, Fresh Fruit, Juice & Milk.

NV Middle School offers baked and kettle cooked chips, WG rice krispie bar etc. as ala carte items that can be purchased.

Fresh vegetables offered daily including Romaine Lettuce/Dressing and Baby Carrots.

This institution is an equal opportunity provider.

