

Nodaway Valley Middle School November 2022

Monday

Tuesday

Wednesday

Thursday

Friday

<i>Menus Subject to Change</i>				
<i>Milk and Juice Served with Breakfast</i> <i>Milk Served with Lunch</i>	1 BREAKFAST-Juice, Milk Dutch Waffles WG & Fruit LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli/Sliced Cucumber Garlic Knot WG Applesauce Cup/Milk	2 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce California Mixed Vegetables Baby Carrots Rosy Applesauce/Milk	3 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Meatball Sub WG Savory Carrots Cucumber Slices Fresh Fruit Milk	4 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Walking Taco WG Refried Beans Baby Carrots Strawberry Cup Milk
7 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk	8 BREAKFAST-Juice, Milk Apple Frudel WG & Fruit LUNCH-Chicken Strips Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk	9 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Pizza Crunchers WG w/Marinara Sauce Romaine Lettuce/Dressing Corn Applesauce Cup/Milk	10 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-BBQ Rib/Bun WG Baked Beans Cucumber Slices Fresh Fruit Milk	11 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Fiestada WG Green Beans Baby Carrots Diced Peaches Milk
14 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk	15 BREAKFAST-Juice, Milk Dutch Waffles WG & Fruit LUNCH-Turkey Gravy Mashed Potatoes Celery Sticks Roll WG/Jello Mandarin Oranges/Milk	16 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Cheesy French Bread Pizza WG/w Marinara Sauce Green Beans/Cucumber Slices Rosy Applesauce Milk	17 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Hot Ham&Cheese/Bun WG Baked Beans Baby Carrrots Sun Chips WG Banana/Milk	18 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Cheese Quesadilla WG Romaine Lettuce/Dressing Corn Strawberries & Peaches Milk
21 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Tomato Soup/Crackers Grilled Cheese Sandwich WG Yogurt/Fresh Broccoli Mandarin Oranges Milk	22 BREAKFAST-Juice, Milk Apple Frudel WG & Fruit LUNCH-Hot Dog/Bun WG French Fries Cucumber Slices Sun Chips WG Applesauce Cup/Milk	23 NO SCHOOL	24 NO SCHOOL HAPPY THANKSGIVING! 	25 NO SCHOOL
28 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower BB Sandwich WG Blushing Pears/Milk	29 BREAKFAST-Juice, Milk Dutch Waffles WG & Fruit LUNCH-Pork Tenderloin Mashed Potatoes/Gravy Celery Sticks Roll WG Mandarin Oranges/Milk	30 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Cheeseburger/Bun WG Broccoli & Cheese Sliced Cucumbers Rosy Applesauce Milk	<i>Menus Subject to Change</i> <i>Milk and Juice Served with Breakfast</i> <i>Milk Served with Lunch</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 www.nodawayvalley.org</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.