

Nodaway Valley High School August 2023

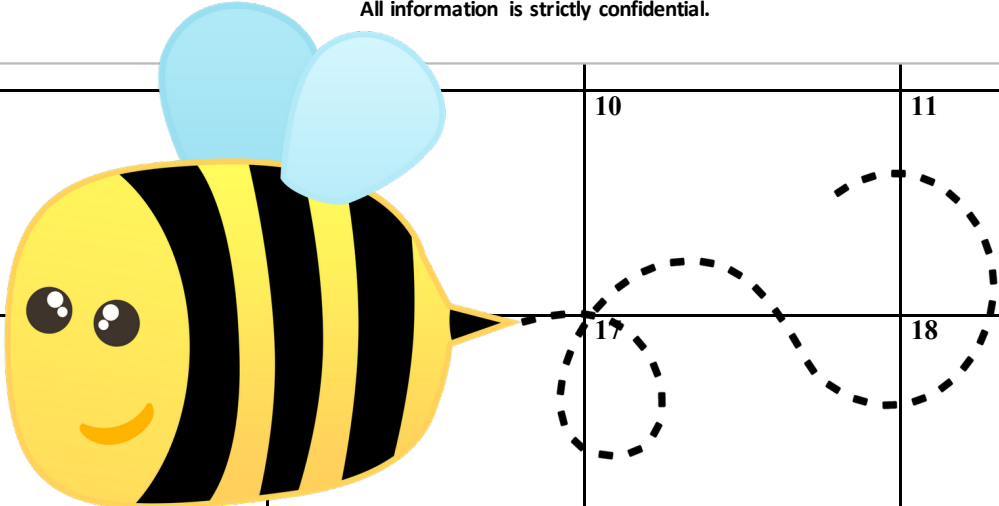

Monday

Tuesday

Wednesday

Thursday

Friday

<p style="font-size: small;">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</p>	1	2	3	4
	<p>The Free and Reduced Meals Application is available online or at any office. Ask for information by calling the Superintendent's Office at 641-743-6127 or e-mail jstender@nodawayvalley.org. All information is strictly confidential.</p>			
7			10	11
14	15	17	18	
<p><i>Menus Subject to Change</i></p> <p><i>Milk and Juice Served with Breakfast</i></p> <p><i>Milk Served with Lunch</i></p>	22	23	24	25
		<p>23 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Fruit Slushie/Milk</p>	<p>24 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce Green Beans Cucumber Slices Banana/Milk</p>	<p>25 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Fiestada WG Corn Baby Carrots Strawberries & Peaches Milk</p>
<p>28 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk</p>	<p>29 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Chicken Nuggets Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk</p>	<p>30 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Deli Turkey/Cheese/Bun WG Green Beans Baby Carrots Rosy Applesauce Milk</p>	<p>31 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-BBQ Rib/Bun WG Baked Beans Fresh Broccoli Fresh Fruit Milk</p>	

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.

WG = Whole Grain.

This institution is an equal opportunity provider.