

Nodaway Valley Middle School April 2024

Monday

Tuesday

Wednesday

Thursday

Friday

1 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Hot Ham & Cheese/Bun* Potato Wedges Baby Carrots Blushing Pears Milk	2 BREAKFAST-Juice, Milk Blueberry Waffles* & Fruit LUNCH-Chicken Bacon Ranch Pasta* Cooked Carrots Cucumber Slices Garlic Knot* Mandarin Oranges/Milk	3 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Hamburger or Cheeseburger Bun*/Baked Beans Baby Carrots Rosy Applesauce Milk	4 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Chicken Nuggets* Tater Tots Fresh Broccoli BB Sandwich* Fresh Fruit/Milk	5 BREAKFAST-Juice, Milk Mini Donuts* & Fruit LUNCH-Super Nachos WG w/Queso Cheese Romaine Lettuce/Dressing Cucumber Slices Pineapple/Milk
8 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Chicken Wrap* w/Ranch Savory Carrots Cucumber Slices RF Nacho Doritos* Blushing Pears/Milk	9 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Shrimp Poppers* Broccoli w/Cheese Sauce Celery Sticks/String Cheese Cinnamon Roll* Mandarin Oranges/Milk	10 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-BBQ Rib/Bun* Baked Beans Cucumber Slices Rosy Applesauce Milk	11 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Blueberry Waffles* Egg Omelet Hashbrowns/Baby Carrots Banana Milk	12 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Fiestada* Mixed Vegetables Cucumber Slices Strawberries & Peaches Milk
15 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Cherry Blossom Chicken* Rice (Brown)*/Cooked Carrots Fresh Cauliflower BB Sandwich* Fruit Cocktail/Milk	16 BREAKFAST-Juice, Milk Blueberry Waffles* & Fruit LUNCH-Chicken Strips* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Mandarin Oranges/Milk	17 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Romaine Lettuce/Dressing Corn Rosy Applesauce/Milk	18 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Sloppy Joes/Bun* Baked Beans Cole Slaw Fresh Fruit Milk	19 BREAKFAST-Juice, Milk Mini Donuts* & Fruit LUNCH-Pizza* Green Beans Baby Carrots Diced Peaches Milk
22 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Chicken Patty/Bun* Tater Tots Fresh Broccoli Blushing Pears Milk	23 BREAKFAST-Juice, Milk French Toast* & Fruit Cowboy Cavatini Cooked Carrots Cucumber Slices Garlic Knot* Mandarin Oranges/Milk	24 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Crispito* Refried Beans Baby Carrots BB Sandwich* Pineapple/Milk	25 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Chicken Alfredo* Mixed Vegetables Cucumber Slices Fresh Fruit Milk	26 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Chicken Potstickers* Rice (Brown)*/Steamed Broccoli Baby Carrots Rosy Applesauce Milk
29 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Rodeo Burger/Bun* Onion Rings Baked Beans Blushing Pears Milk	30 BREAKFAST-Juice, Milk Blueberry Waffles* & Fruit LUNCH-Cheesy Ham Hasbrown Casserole Baby Carrots Dinner Roll* Mandarin Oranges/Milk	<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>		

NV Schools offers 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 fruit or vegetable.

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

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

Romaine Lettuce/Lite Ranch Dressing and Baby Carrots offered daily.

This institution is an equal opportunity provider.

Menu Subject to Change

**Denotes Whole Grain*