

Nodaway Valley High School

January 2026

Monday

Tuesday

Wednesday

Thursday

Friday



| <p><i>Menus Subject to Change</i> <i>*Denotes Whole Grain</i></p> | | | | |
|---|--|---|--|---|
| 5 BREAKFAST-Juice, Milk Breakfast Pizza Bagel* or Long John* LUNCH-Chicken Patty*/Bun* Broccoli & Cheese Savory Carrots Blushing Pears Milk | 6 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Breaded Pork Steak* Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls* Mandarin Oranges/Milk | 7 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Baked Beans Baby Carrots Rosy Applesauce/Milk | 8 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Popcorn Chicken* Bowl (Includes Mashed Potatoes, Gravy, Corn, Popcorn Chicken & Cheese) Dinner Roll* Fresh Fruit/Milk | 1 NO SCHOOL |
| 9 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Super Nachos* w/Queso Cheese Green Beans/Baby Carrots Pineapple Tidbits Milk | 10 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chicken Alfredo* Savory Carrots Cucumber Slices Garlic Knot* Blushing Pears/Milk | 11 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Spaghetti & Meatballs Green Beans Fresh Broccoli Garlic Toast* Mandarin Oranges/Milk | 12 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chicken Alfredo* Savory Carrots Cucumber Slices Garlic Knot* Blushing Pears/Milk | 13 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Spaghetti & Meatballs Green Beans Fresh Broccoli Garlic Toast* Mandarin Oranges/Milk |
| 14 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Corn Dog Potato Wedges Red Pepper Strips Rosy Applesauce Milk | 15 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Rodeo Burger/Bun* Onion Rings Baked Beans Banana Milk | 16 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Stuffed Crust Pizza* Mixed Vegetables Cucumber Slices Diced Peaches Milk | 17 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chili Soup/Crackers Grilled Cheese Sandwich* Cucumber Slices Romaine Lettuce/Dressing Mandarin Oranges/Milk | 18 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Hot Dog/Bun* Tater Tots Savory Carrots Strawberry Cup Milk |
| 19 NO SCHOOL PROFESSIONAL LEARNING DAY | 20 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chili Soup/Crackers Grilled Cheese Sandwich* Cucumber Slices Romaine Lettuce/Dressing Mandarin Oranges/Milk | 21 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Hot Dog/Bun* Tater Tots Savory Carrots Strawberry Cup Milk | 22 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Confetti Pancakes* Egg Omelet Tri Taters/Celery Sticks Banana Milk | 23 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Fiestada* Green Beans Red Pepper Strips Strawberries & Peaches Milk |
| 24 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chicken Wrap* w/Ranch Savory Carrots Fresh Broccoli Graham Crackers* Fruit Cocktail/Milk | 25 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli Dinner Rolls* Mandarin Oranges/Milk | 26 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli Dinner Rolls* Mandarin Oranges/Milk | 27 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Corn Fresh Broccoli Rosy Applesauce/Milk | 28 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Corn Fresh Broccoli Rosy Applesauce/Milk |
| 29 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Fire Braised Pulled Chicken Bun*/Baked Beans Cucumber Slices Fresh Pear Milk | 30 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Pepperoni Sausage Calzone* w/Marinara Sauce Mixed Vegetables Red Pepper Strips Diced Peaches/Milk | | | |

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 fruit or vegetable.

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 and Baby Carrots.

This institution is an equal opportunity provider.