

Nodaway Valley High School October 2023

Monday

Tuesday

Wednesday

Thursday

Friday

2 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk	3 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Chicken Nuggets Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls WG Mandarin Oranges/Milk	4 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Maidrites/Bun WG Cole Slaw Baby Carrots Rosy Applesauce Milk	5 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-BBQ Rib/Bun WG Baked Beans Fresh Broccoli Fresh Fruit Milk	6 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Super Nachos Refried Beans Romaine Lettuce/Dressing Pineapple Tidbits Milk
9 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Chicken Strips Savory Carrots Cucumber Slices BB Sandwich WG Blushing Pears/Milk	10 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Cheesy Ham Hashbrown Casserole/Green Beans Baby Carrots Dinner Rolls WG Mandarin Oranges/Milk	11 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Hamburger/Bun WG Baked Beans Sliced Cucumbers Rosy Applesauce Milk	12 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Confetti Pancakes WG Egg Omelet Hashbrowns/Baby Carrots Banana Milk	13 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Pizza WG Corn Romaine Lettuce/Dressing Diced Peaches Milk
16 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Sloppy Joes/Bun WG Savory Carrots Cole Slaw Fruit Cocktail Milk	17 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Chicken Drumstick Mashed Potatoes/Gravy Celery Sticks Dinner Rolls WG Mandarin Oranges/Milk	18 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Popcorn Chicken Baked Beans Cucumber Slices BB Sandwich WG Rosy Applesauce/Milk	19 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Chicken Alfredo Green Beans/Baby Carrots Garlic Knot WG Fresh Fruit Milk	20 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Cheese Quesadilla WG Romaine Lettuce/Dressing Corn Pineapple Tidbits Milk
23 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Fruit Slushie/Milk	24 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Shrimp Poppers WG Broccoli w/Cheese Sauce String Cheese/Celery Sticks Cinnamon Roll WG Mandarin Oranges/Milk	25 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Hot Dog/Bun WG Baked Beans Cucumber Slices Sun Chips WG Rosy Applesauce/Milk	26 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG NO LUNCH Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal	27 NO SCHOOL
30 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Fish Nuggets Macaroni & Cheese WG Savory Carrots/Fresh Cauliflower Blushing Pears Milk	31 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Spookghetti w/Meatballs Ghostly Salad/Dressing Vampire Veggie/GhastlyGarlicKnotWG Freaky Fruit/Chilling Milk	<i>Menus Subject to Change</i> <i>Milk and Juice Served with Breakfast</i> <i>Milk Served with Lunch</i>		

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

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 or Butterhead Lettuce and Baby Carrots.

OCTOBER 31st menu is Spaghetti & Meatballs, Romaine Lettuce/Dressing, Baby Carrots, Garlic Knot WG, Mandarin Oranges and Milk.

WG = Whole Grain.

This institution is an equal opportunity provider.