

Nodaway Valley Elementary (K-5th) School October 2023

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit</p> <p>LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk</p>	<p>3 BREAKFAST-Juice, Milk Frudel WG & Fruit</p> <p>LUNCH-Chicken Nuggets Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk</p>	<p>4 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit</p> <p>LUNCH-Deli Turkey/Cheese/Bun WG Green Beans Baby Carrots Rosy Applesauce Milk</p>	<p>5 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit</p> <p>LUNCH-BBQ Rib/Bun WG Baked Beans Fresh Broccoli Fresh Fruit Milk</p>	<p>6 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit</p> <p>LUNCH-Pizza WG Romaine Lettuce/Dressing Baby Carrots Diced Peaches Milk</p>
<p>9 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit</p> <p>LUNCH-Chicken Strips Savory Carrots Cucumber Slices BB Sandwich WG Blushing Pears/Milk</p>	<p>10 BREAKFAST-Juice, Milk Dutch Waffle WG & Fruit</p> <p>LUNCH-Cheesy Ham Hashbrown Casserole/Green Beans Baby Carrots Dinner Roll WG Mandarin Oranges/Milk</p>	<p>11 BREAKFAST-Juice, Milk Cinnamon Toast Waffles WG & Fruit</p> <p>LUNCH-Hamburger/Bun WG Baked Beans Sliced Cucumbers Rosy Applesauce Milk</p>	<p>12 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit</p> <p>LUNCH-Confetti Pancakes WG Egg Omelet Hashbrowns/Baby Carrots Banana Milk</p>	<p>13 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit</p> <p>LUNCH-Cheesy Pull-Aparts WG Pizza WG w/Marinara Sauce Romaine Lettuce/Dressing Fresh Broccoli Strawberries & Peaches/Milk</p>
<p>16 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit</p> <p>LUNCH-Mini Corn Dog WG Savory Carrots Fresh Cauliflower Blushing Pears Milk</p>	<p>17 BREAKFAST-Juice, Milk Frudel WG & Fruit</p> <p>LUNCH-Chicken Drumstick Mashed Potatoes/Gravy Celery Sticks Dinner Roll WG Mandarin Oranges/Milk</p>	<p>18 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit</p> <p>LUNCH-Popcorn Chicken Baked Beans Cucumber Slices BB Sandwich WG Rosy Applesauce/Milk</p>	<p>19 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit</p> <p>LUNCH-Saucy Meatballs Green Beans/Baby Carrots Garlic Toast Fresh Fruit Milk</p>	<p>20 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit</p> <p>LUNCH-Cheese Quesadilla WG Romaine Lettuce/Dressing Fresh Broccoli Pineapple Milk</p>
<p>23 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit</p> <p>LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk</p>	<p>24 BREAKFAST-Juice, Milk Dutch Waffle WG & Fruit</p> <p>LUNCH-Shrimp Poppers Broccoli w/Cheese Celery Sticks/String Cheese Cinnamon Roll WG Mandarin Oranges/Milk</p>	<p>25 BREAKFAST-Juice, Milk Cinnamon Toast Waffles WG & Fruit</p> <p>LUNCH-Hot Dog/Bun WG Baked Beans Cucumber Slices Applesauce Cup Milk</p>	<p>26 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit</p> <p style="text-align: center;">NO LUNCH</p> <p style="text-align: center;">Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal</p>	<p>27</p> <p style="font-size: 1.2em; font-weight: bold;">NO SCHOOL</p>
<p>30 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit</p> <p>LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower BB Sandwich WG Blushing Pears/Milk</p>	<p>31 BREAKFAST-Juice, Milk Frudel WG & Fruit</p> <p>LUNCH-Spookghetti w/Meatballs Ghostly Salad/Dressing Vampire Veggie Freaky Fruit/Chilling Milk</p>	<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>		

NV Schools offer skim white milk, 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, Toast, Juice & Milk.

OCTOBER 31ST menu is Spaghetti & Meatballs, Romaine Lettuce/Dressing, Baby Carrots, Mandarin Oranges and Milk.

WG = Whole Grain

This institution is an equal opportunity provider.

