

Nodaway Valley High School January 2025

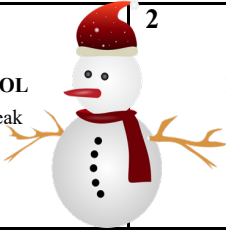
Monday

Tuesday

Wednesday

Thursday

Friday

<p><i>Menus Subject to Change</i></p> <p><i>*Denotes Whole Grain</i></p>	<p><i>Parents may deposit money to their student's meal account in JMC Parent.</i></p> <p><i>Click on the JMC Parent tab under Parents on the Nodaway Valley web site at www.nodawayvalley.org</i></p>	<p>1</p> <p>NO SCHOOL</p> <p>Winter Break</p>	<p>2</p>  <p>NO SCHOOL</p> <p>Winter Break</p>	<p>3 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR*</p> <p>LUNCH-Fiestada Mixed Vegetables Baby Carrots Strawberry Cup Milk</p>
<p>6 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John*</p> <p>LUNCH-Fish Nuggets* Macaroni* & Cheese Savory Carrots/Fresh Cauliflower Blushing Pears Milk</p>	<p>7 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites*</p> <p>LUNCH-Chicken Nuggets* Mashed Potatoes/Gravy Baby Carrots Dinner Rolls* Mandarin Oranges/Milk</p>	<p>8 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John*</p> <p>LUNCH-Hamburger or Cheeseburger Bun*/Baked Beans Baby Carrots Rosy Applesauce Milk</p>	<p>9 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel*</p> <p>LUNCH-Blueberry Waffles* Egg Omelet Hashbrowns/Celery Sticks Banana Milk</p>	<p>10 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR*</p> <p>LUNCH-Pizza* Green Beans Romaine Lettuce/Dressing Strawberries & Peaches Milk</p>
<p>13 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John*</p> <p>LUNCH-Chicken Patty*/Bun* Curly Fries Fresh Broccoli Blushing Pears Fruit Slushie/Milk</p>	<p>14 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites*</p> <p>LUNCH-Tater Tot Casserole Green Beans Dinner Rolls* Mandarin Oranges Milk</p>	<p>15 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John*</p> <p>LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Romaine Lettuce/Dressing Country Trio Vegetables Rosy Applesauce/Milk</p>	<p>16 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel*</p> <p>LUNCH-Chicken Wrap* w/Ranch Baked Beans Cucumber Slices Graham Crackers* Fresh Fruit/Milk</p>	<p>17 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR*</p> <p>LUNCH-Cheese Quesadilla* Savory Carrots Fresh Broccoli Warm Cinnamon Apples Milk</p>
<p>20</p> <p>NO SCHOOL</p>	<p>21 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites*</p> <p>LUNCH-Cheesy Ham Hashbrown Casserole Baby Carrots Dinner Rolls* Mandarin Oranges/Milk</p>	<p>22 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John*</p> <p>LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Savory Carrots Cucumber Slices Rosy Applesauce/Milk</p>	<p>23 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel*</p> <p>LUNCH-BBQ Rib/Bun* Mixed Vegetables Fresh Broccoli Fresh Fruit Milk</p>	<p>24 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR*</p> <p>LUNCH-Super Nachos* w/Lettuce & Queso Cheese Refried Beans Red Pepper Strips Pineapple/Milk</p>
<p>27 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John*</p> <p>LUNCH-Chicken Strips* Baked Beans Fresh Broccoli BB Sandwich* Warm Cinnamon Apples/Milk</p>	<p>28 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites*</p> <p>LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli Dinner Rolls* Mandarin Oranges/Milk</p>	<p>29 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John*</p> <p>LUNCH-Meatball Sub* Tater Tots Cucumber Slices Rosy Applesauce Milk</p>	<p>30 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel*</p> <p>LUNCH-Tangerine Chicken* Rice (Brown)*/Cooked Carrots Fresh Cauliflower BB Sandwich* Fresh Fruit/Milk</p>	<p>31 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR*</p> <p>LUNCH-Cheesy Calzone* w/Marinara Sauce Green Beans/Baby Carrots Diced Peaches Milk</p>

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 or Butterhead Lettuce and Baby Carrots.

This institution is an equal opportunity provider.

