

# Nodaway Valley Middle School August 2025

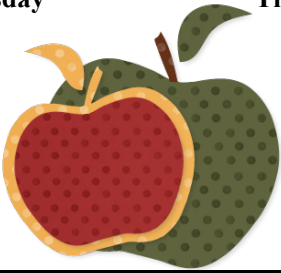
Monday

Tuesday

Wednesday

Thursday

Friday

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><i>Menus Subject to Change</i></p> <p><i>*Denotes Whole Grain</i></p> <p><i>Extra Milk is 50 cents<br/>(with a sack lunch from home)</i></p>                                     | <p><i>Parents may deposit money<br/>to their student's meal account<br/>in JMC Parent.</i></p> <p><i>Click on the JMC Parent<br/>tab under Parents on the<br/>Nodaway Valley web site at<br/><a href="http://www.nodawayvalley.org">www.nodawayvalley.org</a></i></p> |                                                                                                                               |                                                                                                                                                                            | <p>1</p>                                                                                                                                                 |
| <p>4</p>                                                                                                                                                                            | <p>5</p>                                                                                                                                                                                                                                                              | <p>6</p>                                                                                                                                                                                                         | <p>7</p>                                                                                                                                                                   | <p>8</p>                                                                                                                                                 |
| <p>11</p>                                                                                                                                                                           | <p>12</p>                                                                                                                                                                                                                                                             | <p>13</p>                                                                                                                                                                                                        | <p>14</p>                                                                                                                                                                  | <p>15</p>                                                                                                                                                |
| <p>18</p>                                                                                                                                                                           | <p>19</p>                                                                                                                                                                                                                                                             | <p>20</p>                                                                                                                                                                                                        | <p>21</p>                                                                                                                                                                  | <p>22</p>                                                                                                                                                |
| <p><b>25</b> BREAKFAST-Juice, Milk<br/>Confetti Pancakes* &amp; Fruit<br/>LUNCH-Hamburger or Cheeseburger<br/>Bun*/Baked Beans<br/>Red Pepper Strips<br/>Fruit Slushie<br/>Milk</p> | <p><b>26</b> BREAKFAST-Juice, Milk<br/>French Toast* &amp; Fruit<br/>LUNCH-Chicken Nuggets*<br/>Mashed Potatoes/Gravy<br/>Cucumber Slices<br/>Dinner Roll*<br/>Fresh Apple/Milk</p>                                                                                   | <p><b>27</b> BREAKFAST-Juice, Milk<br/>Sausage Gravy &amp; Biscuit* &amp; Fruit<br/>LUNCH-Bosco Cheese Sticks*<br/>w/Marinara Sauce<br/>Savory Carrots<br/>Romaine Lettuce/Dressing<br/>Rosy Applesauce/Milk</p> | <p><b>28</b> BREAKFAST-Juice, Milk<br/>Breakfast Pizza* &amp; Fruit<br/>LUNCH-Deli Turkey/Cheese/Sub Bun*<br/>Green Beans<br/>Fresh Broccoli<br/>Fresh Grapes<br/>Milk</p> | <p><b>29</b> BREAKFAST-Juice, Milk<br/>Long John* &amp; Fruit<br/>LUNCH-Stuffed Crust Pizza*<br/>Peas<br/>Cucumber Slices<br/>Diced Peaches<br/>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 1/2 cup of fruit or vegetable.

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

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

Fresh vegetables offered daily including Romaine Lettuce/Dressing and Baby Carrots.

This institution is an equal opportunity provider.