

Nodaway Valley Middle School

January 2026

Monday

Tuesday

Wednesday

Thursday

Friday



Menus Subject to Change

**Denotes Whole Grain*

*Extra Milk is 50 cents
(with a sack lunch from home)*

5 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Chicken Patty*/Bun* Broccoli w/Cheese Sauce Baby Carrots Blushing Pears Milk	6 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Breaded Pork Steak* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Mandarin Oranges/Milk	7 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Green Beans Baby Carrots Rosy Applesauce/Milk	8 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Chicken Nuggets Sweet Potato Fries Red Pepper Strips Sun Chips* Fresh Apple/Milk	9 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Super Nachos* w/Queso Cheese Refried Beans Fresh Broccoli Strawberry Cup/Milk
12 BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit LUNCH-Chicken Alfredo* Savory Carrots Cucumber Slices Blushing Pears Milk	13 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Spaghetti & Meatballs Green Beans Fresh Broccoli Garlic Toast* Mandarin Oranges/Milk	14 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Corn Dog French Fries Cucumber Slices Rosy Applesauce Milk	15 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Rodeo Burger/Bun* Onion Rings Baked Beans Banana Milk	16 BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Stuffed Crust Pizza* Mixed Vegetables Cucumber Slices Strawberry Cup Milk
19 NO SCHOOL PROFESSIONAL LEARNING DAY	20 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Chili Soup/Crackers Grilled Cheese Sandwich* Romaine Lettuce/Dressing Cucumber Slices Mandarin Oranges/Milk	21 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Hot Dog/Bun* Tater Tots Baked Beans Rosy Applesauce Milk	22 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Confetti Pancakes* Egg Omelet Tri Taters/Baby Carrots Banana Milk	23 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Fiestada* Green Beans Romaine Lettuce/Dressing Strawberries & Peaches Milk
26 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Chicken Wrap* w/Ranch Savory Carrots Fresh Broccoli Graham Crackers* Blushing Pears/Milk	27 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli Dinner Roll* Mandarin Oranges/Milk	28 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Cheesy French Bread Pizza* w/Marinara Sauce Potato Wedges Baby Carrots Rosy Applesauce/Milk	29 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Grilled Chicken/Bun* Baked Beans Cucumber Slices Fresh Pear Milk	30 BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Deep Dish Pizza* Green Beans 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 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.



1

NO SCHOOL

2

NO SCHOOL
Winter Break