

# 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)*

<p><b>1</b> NO SCHOOL</p> 	<p><b>2</b></p> <p>NO SCHOOL Winter Break</p>
<p><b>8</b> BREAKFAST-Juice, Milk Breakfast Pizza* &amp; Fruit LUNCH-Chicken Nuggets Sweet Potato Fries Red Pepper Strips Sun Chips* Fresh Apple/Milk</p>	<p><b>9</b> BREAKFAST-Juice, Milk Long John* &amp; Fruit LUNCH-Super Nachos* w/Queso Cheese Refried Beans Fresh Broccoli Strawberry Cup/Milk</p>
<p><b>15</b> BREAKFAST-Juice, Milk Breakfast Pizza* &amp; Fruit LUNCH-Rodeo Burger/Bun* Onion Rings Baked Beans Banana Milk</p>	<p><b>16</b> BREAKFAST-Juice, Milk Breakfast Sandwich* &amp; Fruit LUNCH-Stuffed Crust Pizza* Mixed Vegetables Cucumber Slices Strawberry Cup Milk</p>
<p><b>22</b> BREAKFAST-Juice, Milk Breakfast Pizza* &amp; Fruit LUNCH-Confetti Pancakes* Egg Omelet Tri Taters/Baby Carrots Banana Milk</p>	<p><b>23</b> BREAKFAST-Juice, Milk Long John* &amp; Fruit LUNCH-Fiestada* Green Beans Romaine Lettuce/Dressing Strawberries &amp; Peaches Milk</p>
<p><b>29</b> BREAKFAST-Juice, Milk Breakfast Pizza* &amp; Fruit LUNCH-Grilled Chicken/Bun* Baked Beans Cucumber Slices Fresh Pear Milk</p>	<p><b>30</b> BREAKFAST-Juice, Milk Breakfast Sandwich* &amp; Fruit LUNCH-Deep Dish Pizza* Green Beans Red Pepper Strips Diced Peaches Milk</p>

<p><b>5</b> BREAKFAST-Juice, Milk Breakfast Bites* &amp; Fruit LUNCH-Chicken Patty*/Bun* Broccoli w/Cheese Sauce Baby Carrots Blushing Pears Milk</p>	<p><b>6</b> BREAKFAST-Juice, Milk French Toast* &amp; Fruit LUNCH-Breaded Pork Steak* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Mandarin Oranges/Milk</p>	<p><b>7</b> BREAKFAST-Juice, Milk Sausage Gravy &amp; Biscuit* &amp; Fruit LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Green Beans Baby Carrots Rosy Applesauce/Milk</p>
<p><b>12</b> BREAKFAST-Juice, Milk Confetti Pancakes* &amp; Fruit LUNCH-Chicken Alfredo* Savory Carrots Cucumber Slices Blushing Pears Milk</p>	<p><b>13</b> BREAKFAST-Juice, Milk French Toast* &amp; Fruit LUNCH-Spaghetti &amp; Meatballs Green Beans Fresh Broccoli Garlic Toast* Mandarin Oranges/Milk</p>	<p><b>14</b> BREAKFAST-Juice, Milk Sausage Gravy &amp; Biscuit* &amp; Fruit LUNCH-Corn Dog French Fries Cucumber Slices Rosy Applesauce Milk</p>
<p><b>19</b></p> <p>NO SCHOOL PROFESSIONAL LEARNING DAY</p>	<p><b>20</b> BREAKFAST-Juice, Milk French Toast* &amp; Fruit LUNCH-Chili Soup/Crackers Grilled Cheese Sandwich* Romaine Lettuce/Dressing Cucumber Slices Mandarin Oranges/Milk</p>	<p><b>21</b> BREAKFAST-Juice, Milk Sausage Gravy &amp; Biscuit* &amp; Fruit LUNCH-Hot Dog/Bun* Tater Tots Baked Beans Rosy Applesauce Milk</p>
<p><b>26</b> BREAKFAST-Juice, Milk Breakfast Bites* &amp; Fruit LUNCH-Chicken Wrap* w/Ranch Savory Carrots Fresh Broccoli Graham Crackers* Blushing Pears/Milk</p>	<p><b>27</b> BREAKFAST-Juice, Milk French Toast* &amp; Fruit LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli Dinner Roll* Mandarin Oranges/Milk</p>	<p><b>28</b> BREAKFAST-Juice, Milk Sausage Gravy &amp; Biscuit* &amp; Fruit LUNCH-Cheesy French Bread Pizza* w/Marinara Sauce Potato Wedges Baby Carrots Rosy Applesauce/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.