

# Nodaway Valley High School      September 2022

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



	<i>Menus Subject to Change</i>	<i>Parents may deposit money to their student's meal account with SchoolPay, a secure online payment system. Click on the SchoolPay link on the Nodaway Valley web site at <a href="http://www.nodawayvalley.org">www.nodawayvalley.org</a></i>		
<b>5</b> <b>NO SCHOOL</b>  LABOR DAY	<b>6</b> BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Pork Tenderloin Mashed Potatoes/Gravy Celery Sticks Dinner Roll WG Mandarin Oranges/Milk	<b>7</b> BREAKFAST-Juice, Milk Spicy Tornado or Long John WG LUNCH-Cheeseburger/Bun WG Broccoli & Cheese Sliced Cucumbers Rosy Applesauce Milk	<b>1</b> BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-BBQ Rib/Bun WG Baked Beans Fresh Broccoli Fresh Fruit Milk	<b>2</b> BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Pizza WG Romaine Lettuce/Dressing Corn/Baby Carrots Diced Peaches Milk
<b>12</b> BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-BBQ Chicken/Bun WG Savory Carrots Fresh Cauliflower Blushing Pears Milk	<b>13</b> BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Spaghetti & Meatballs Green Beans Baby Carrots Garlic Knot WG Mandarin Oranges/Milk	<b>14</b> BREAKFAST-Juice, Milk Spicy Tornado or Long John WG LUNCH-Hot Dog/Bun WG Baked Beans Cucumber Slices Sun Chips WG Applesauce Cup/Milk	<b>8</b> BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Chicken Wrap w/Ranch Green Beans Baby Carrots Graham Crackers WG Fresh Fruit/Milk	<b>9</b> BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Crispitos WG Refried Beans Sliced Cucumbers Pineapple Milk
<b>19</b> BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk	<b>20</b> BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Shrimp Poppers Broccoli & Cheese String Cheese/Celery Sticks Cinnamon Roll WG Mandarin Oranges/Milk	<b>21</b> BREAKFAST-Juice, Milk Spicy Tornado or Long John WG LUNCH-Cheesy French Bread Pizza WG/w Marinara Sauce Green Beans/Baby Carrots Rosy Applesauce Milk	<b>15</b> BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Blueberry Waffles WG Egg Omelet Hashbrowns/Baby Carrots Banana Milk	<b>16</b> BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Cheese Quesadilla WG Romaine Lettuce/Dressing Corn Strawberries & Peaches Milk
<b>26</b> BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Fish Nuggets Macaroni & Cheese WG Savory Carrots/Fresh Cauliflower Blushing Pears Milk	<b>27</b> BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Chicken Strips Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls WG Mandarin Oranges/Milk	<b>28</b> BREAKFAST-Juice, Milk Spicy Tornado or Long John WG LUNCH-Deli Turkey&Cheese/Bun WG Yogurt/Mixed Vegetables Baby Carrots Sun Chips WG Applesauce Cup/Milk	<b>22</b> BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Popcorn Chicken Baked Beans Cucumber Slices BB Sandwich WG Fresh Fruit/Milk	<b>23</b> BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Fiestada WG Corn Baby Carrots Diced Peaches Milk
			<b>29</b> BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Pulled Pork/Bun WG Baked Beans Fresh Broccoli Apple Slices Milk	<b>30</b> BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Walking Taco WG Refried Beans Baby Carrots BB Sandwich WG Pineapple/Milk

*NV Schools offer skim, 1% white milk and chocolate skim milk.*

*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.*

*WG = Whole Grain.*

*This institution is an equal opportunity provider.*