## **Nodaway Valley High School**

Tuesday

## November 2025

Friday

Thursday

3 BREAKFAST-Juice, Milk	4 BREAKFAST-Juice, Milk	5 BREAKFAST-Juice, Milk	<b>6</b> BREAKFAST-Juice, Milk	7 BREAKFAST-Juice, Milk
Breakfast Pizza Bagel* or Long John*	French Toast* or Breakfast Bites*	Brfst Egg Pizza* or Long John*	Sausage Gravy & Biscuit* or Frudel*	Breakfast Sandwich* or UBR*
LUNCH-Chicken Wrap* w/Ranch	LUNCH-Tater Tot Casserole	LUNCH-Bosco Cheese Sticks*	LUNCH-Popcorn Chicken* Bowl	LUNCH-Stuffed Crust Pizza*
Savory Carrots	Green Beans	w/Marinara Sauce	(Includes Mashed Potatoes, Gravy,	Mixed Vegetables
Fresh Broccoli	Dinner Rolls*	Baked Beans	Corn, Popcorn Chicken & Cheese)	Cucumber Slices
Graham Crackers*	Warm Cinnamon Apples	Romaine Lettuce/Dressing	Dinner Roll*	Diced Peaches
Fruit Cocktail/Milk	Milk	Rosy Applesauce/Milk	Fresh Fruit/Milk	Milk
10 BREAKFAST-Juice, Milk	11 BREAKFAST-Juice, Milk	12 BREAKFAST-Juice, Milk	13 BREAKFAST-Juice, Milk	14 BREAKFAST-Juice, Milk
Breakfast Pizza Bagel* or Long John*	French Toast* or Breakfast Bites*	Brfst Egg Pizza* or Long John*	Sausage Gravy & Biscuit* or Frudel*	Breakfast Sandwich* or UBR*
LUNCH-Tangerine Chicken*	LUNCH-Baked Potato/Diced Ham	LUNCH-Corn Dog	LUNCH-Sloppy Joes/Bun*	LUNCH-Pepperoni Sausage Calzone*
Rice (Brown)/Cooked Carrots	Cheese Sauce	Potato Wedges	Baked Beans	w/Marinara Sauce
Fresh Cauliflower	Steamed Broccoli	Baby Carrots	Cole Slaw	Green Beans
BB Sandwich*	Dinner Rolls*	Rosy Applesauce	Banana	Red Pepper Strips
Blushing Pears/Milk	Mandarin Oranges/Milk	Milk	Milk	Pineapple Tidbits/Milk
17 BREAKFAST-Juice, Milk	18 BREAKFAST-Juice, Milk	19 BREAKFAST-Juice, Milk	20 BREAKFAST-Juice, Milk	21 BREAKFAST-Juice, Milk
Breakfast Pizza Bagel* or Long John*	French Toast* or Breakfast Bites*	Brfst Egg Pizza* or Long John*	Sausage Gravy & Biscuit* or Frudel*	Breakfast Sandwich* or UBR*
LUNCH-Grilled Chicken/Bun*	LUNCH-Turkey Gravy	LUNCH-Cheesy French Bread	LUNCH-Chicken Alfredo*	LUNCH-Walking Taco*
Broccoli w/Cheese Sauce	Mashed Potatoes	Pizza*/w Marinara Sauce	Mixed Vegetables	Ranchero Beans
Cucumber Slices	Green Bean Casserole/Stuffing	Corn	Cherry Tomatoes	Baby Carrots
Fresh Pear	Dinner Rolls*/Jello	Fresh Broccoli	Garlic Toast*	Diced Peaches
Milk	Warm Cinnamon Apples/Milk	Rosy Applesauce/Milk	Fresh Fruit/Milk	Milk
24 BREAKFAST-Juice, Milk	25 BREAKFAST-Juice, Milk	26	27	28
Breakfast Pizza Bagel* or Long John*	French Toast* or Breakfast Bites*			
LUNCH-Chili Soup/Crackers	LUNCH-Hot Dog/Bun*	NO SCHOOL	NO SCHOOL	NO SCHOOL
Grilled Cheese Sandwich*	Tater Tots		Happy Thanksgiving!	
Cucumber Slices	Savory Carrots			
Romaine Lettuce/Dressing	Strawberry Cup			
Mandarin Oranges/Milk	Milk			
			Parents may deposit money	
			to their student's meal account	Menus Subject to Change
			in JMC Parent.	
			Click on the JMC Parent	*Denotes Whole Grain
			tab under Parents on the	
			Nodaway Valley web site at	
			www.nodawayvalley.org	

Wednesday

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.

Monday

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.

