

November 2025

Friday

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

This institution is an equal opportunity provider.

