

Nodaway Valley High School

September 2025

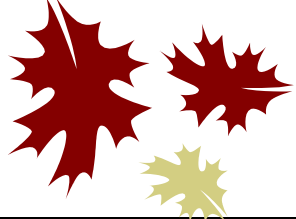
Monday

Tuesday

Wednesday

Thursday

Friday

1 NO SCHOOL Labor Day	2 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Tangerine Chicken* Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich* Blushing Pears/Milk	3 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Corn Dog French Fries Baby Carrots Rosy Applesauce Milk	4 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Popcorn Chicken* Bowl (Includes Mashed Potatoes, Gravy, Corn, Popcorn Chicken & Cheese) Dinner Roll* Fresh Orange/Milk	5 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Super Nachos* w/Queso Cheese Green Beans/Baby Carrots Frozen Fruit Slushie Milk
8 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Chicken Patty*/Bun* Baked Beans Fresh Cauliflower Fresh Pear Milk	9 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Cowboy Cavatini Savory Carrots Cucumber Slices Garlic Toast* Frozen Fruit Slushie/Milk	10 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Corn Fresh Broccoli Rosy Applesauce/Milk	11 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-BBQ Rib/Bun* Tater Tots Cucumber Slices Fresh Fruit Milk	12 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Pepperoni Calzone* w/Marinara Sauce Green Beans Red Pepper Strips Pineapple Tidbits/Milk
15 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Chicken Wrap* w/Ranch Savory Carrots Fresh Broccoli Graham Crackers* Fruit Cocktail/Milk	16 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Breaded Pork Steak* Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls* Mandarin Oranges/Milk	17 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Hamburger or Cheeseburger Bun*/Potato Wedges Red Pepper Strips Fruit Slushie Milk	18 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Sloppy Joes/Bun* Baked Beans Cole Slaw Banana Milk	19 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Stuffed Crust Pizza* Mixed Vegetables Cucumber Slices Strawberries & Peaches Milk
22 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Italian Sub* w/Cheese Baked Beans Green Beans Fresh Orange Milk	23 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Chicken Strips* Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls* Mandarin Oranges/Milk	24 BREAKFAST-Juice, Milk Brfst Egg Pizza* or Long John* LUNCH-Chicken Alfredo* Mixed Vegetables Cherry Tomatoes Garlic Toast* Rosy Applesauce/Milk	25 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* or Frudel* LUNCH-Pork Tenderloin*/Bun* Potato Wedges Savory Carrots Fresh Fruit Milk	26 BREAKFAST-Juice, Milk Breakfast Sandwich* or UBR* LUNCH-Walking Taco* Romaine Lettuce/Dressing Green Beans Strawberry Cup Milk
29 BREAKFAST-Juice, Milk Breakfast Pizza* or Long John* LUNCH-Pulled Pork/Bun* Potato Wedges Creamy Cole Slaw Fresh Fruit Milk	30 BREAKFAST-Juice, Milk French Toast* or Breakfast Bites* LUNCH-Shrimp Poppers* Broccoli w/Cheese Sauce String Cheese/Baby Carrots Cinnamon Roll* Fruit Cocktail/Milk		<i>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</i>	<i>Menus Subject to Change</i> <i>*Denotes Whole Grain</i>

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.

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.

