

Nodaway Valley High School January 2023


Monday

Tuesday

Wednesday

Thursday

Friday

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| 2 NO SCHOOL Winter Break | 3 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce California Mixed Vegetables Baby Carrots Blushing Pears/Milk | 4 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Cheeseburger/Bun WG Broccoli & Cheese Baby Carrots Rosy Applesauce Milk | 5 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Hot Ham&Cheese/Bun WG Baked Beans Cucumber Slices Sun Chips WG Fresh Fruit/Milk | 6 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Fiestada WG Corn Fresh Broccoli Diced Peaches Milk |
| 9 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-BBQ Chicken/Bun WG Savory Carrots Fresh Cauliflower Blushing Pears Milk | 10 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Spaghetti & Meatballs Green Beans Baby Carrots Garlic Knot WG Mandarin Oranges/Milk | 11 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Cheesy French Bread Pizza WG/w Marinara Sauce Baked Beans/Cucumber Slices Rosy Applesauce Milk | 12 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Blueberry Waffles WG Egg Omelet Hashbrowns/Baby Carrots Banana Milk | 13 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Cheese Quesadilla WG Romaine Lettuce/Dressing Corn Strawberries & Peaches Milk |
| 16 NO SCHOOL PROFESSIONAL LEARNING DAY | 17 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Chicken Strips Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls WG Mandarin Oranges/Milk | 18 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Chicken Potstickers WG Fried Rice/Stir Fry Vegetables Romaine Lettuce/Dressing Fortune Cookie Applesauce Cup/Milk | 19 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Meatball Sub WG Savory Carrots Cucumber Slices Fresh Fruit Milk | 20 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Super Nachos WG w/Queso Cheese Refried Beans Cucumber Slices Pineapple/Milk |
| 23 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk | 24 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Pork Tenderloin Mashed Potatoes/Gravy Celery Sticks Dinner Rolls WG Mandarin Oranges/Milk | 25 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Popcorn Chicken Broccoli & Cheese Sliced Cucumbers BB Sandwich WG Rosy Applesauce/Milk | 26 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Sloppy Joes/Bun WG Baked Beans Fresh Broccoli Sun Chips WG Fresh Fruit/Milk | 27 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Pizza WG Green Beans Baby Carrots Strawberry Cup Milk |
| 30 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Fish Nuggets Macaroni & Cheese WG Savory Carrots/Fresh Cauliflower Blushing Pears Milk | 31 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli/Sliced Cucumber Dinner Rolls WG Mandarin Oranges/Milk |  | <i>Menus Subject to Change</i> <i>Milk and Juice Served with Breakfast</i> <i>Milk Served with Lunch</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 www.nodawayvalley.org</i> |

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.