

Nodaway Valley High School October 2022

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk</p>	<p>4 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Chicken Nuggets Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk</p>	<p>5 BREAKFAST-Juice, Milk Spicy Tornado or Long John WG LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce California Mixed Vegetables Baby Carrots Rosy Applesauce/Milk</p>	<p>6 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Sloppy Joes/Bun WG Baked Beans Cucumber Slices Sun Chips WG Fresh Fruit/Milk</p>	<p>7 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Pizza WG Romaine Lettuce/Dressing Corn/Baby Carrots Strawberry Cup Milk</p>
<p>10 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-BBQ Rib/Bun WG Potato Wedges Fresh Broccoli Blushing Pears Milk</p>	<p>11 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Cowboy Cavatini Cooked Carrots Cucumber Slices Garlic Knot WG Fruit Cocktail/Milk</p>	<p>12 BREAKFAST-Juice, Milk Spicy Tornado or Long John WG LUNCH-Hot Ham&Cheese/Bun WG Romaine Lettuce/Dressing Fresh Broccoli Sun Chips WG Applesauce Cup/Milk</p>	<p>13 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Meatball Sub WG Green Beans Baby Carrots Fresh Fruit Milk</p>	<p>14 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Crispitos WG Refried Beans Sliced Cucumbers Pineapple Milk</p>
<p>17 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-BBQ Chicken/Bun WG Savory Carrots Fresh Cauliflower Blushing Pears Milk</p>	<p>18 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</p>	<p>19 BREAKFAST-Juice, Milk Spicy Tornado or Long John WG LUNCH-Cheesy French Bread Pizza WG/w Marinara Sauce Baked Beans/Cucumber Slices Rosy Applesauce Milk</p>	<p>20 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Sausage, Egg, Cheese Biscuit WG Hashbrowns/Baby Carrots Banana Milk</p>	<p>21 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Three Cheese Calzone WG w/Marinara Mixed Vegetables Fresh Broccoli Strawberries & Peaches/Milk</p>
<p>24 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk</p>	<p>25 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Spaghetti & Meatballs Green Beans Baby Carrots Garlic Knot WG Mandarin Oranges/Milk</p>	<p>26 BREAKFAST-Juice, Milk Spicy Tornado or Long John WG LUNCH-Chicken Wrap w/Ranch Corn Cherry Tomatoes Graham Crackers WG Strawberry Applesauce/Milk</p>	<p>27 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG NO LUNCH Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal</p>	<p>28 NO SCHOOL</p>
<p>31 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Bat Burger/w Cheese Skeleton Fingers Vampire Veggies Chilling Fruit Monster Milk</p>	<p><i>Menus Subject to Change</i></p> <p><i>Milk and Juice Served with Breakfast</i></p> <p><i>Milk Served with Lunch</i></p>			



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.

Oct. 31st menu is Cheeseburger/Bun, French Fries, Baby Carrots, Blushing Pears & Milk.