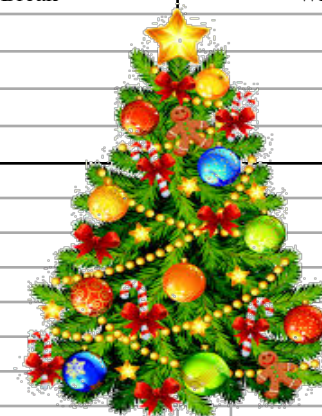


# Nodaway Valley Middle School

# December 2023



Monday		Tuesday		Wednesday		Thursday		Friday	
								<b>1</b>	BREAKFAST-Juice, Milk
									Long John* & Fruit
									LUNCH-Cheese Quesadilla*
									Romaine Lettuce/Dressing
									Corn
									Strawberry Cup
									Milk
<b>4</b>	BREAKFAST-Juice, Milk	<b>5</b>	BREAKFAST-Juice, Milk	<b>6</b>	BREAKFAST-Juice, Milk	<b>7</b>	BREAKFAST-Juice, Milk	<b>8</b>	BREAKFAST-Juice, Milk
	Breakfast Bites* & Fruit		Blueberry Waffles* & Fruit		Sausage Gravy & Biscuit* & Fruit		Breakfast Pizza* & Fruit		Long John* & Fruit
	LUNCH-Tangerine Chicken*		LUNCH-Cheesy Ham Hasbrown		LUNCH-Pork Tenderloin/Bun*		LUNCH-Bosco Cheese Sticks*		LUNCH-Walking Taco*
	Rice (Brown)/Cooked Carrots		Casserole		Green Beans		w/Marinara Sauce		Refried Beans
	Fresh Cauliflower		Baby Carrots		Fresh Broccoli		Romaine Lettuce/Dressing		Baby Carrots
	BB Sandwich*		Dinner Roll*		Rosy Applesauce		Corn		Pineapple
	Fruit Cocktail/Milk		Mandarin Oranges/Milk		Milk		Fresh Fruit/Milk		Milk
<b>11</b>	BREAKFAST-Juice, Milk	<b>12</b>	BREAKFAST-Juice, Milk	<b>13</b>	BREAKFAST-Juice, Milk	<b>14</b>	BREAKFAST-Juice, Milk	<b>15</b>	BREAKFAST-Juice, Milk
	Breakfast Bites* & Fruit		French Toast* & Fruit		Sausage Gravy & Biscuit* & Fruit		Breakfast Pizza* & Fruit		Mini WG Donuts* & Fruit
	LUNCH-Chicken Patty/Bun*		LUNCH-Tater Tot Casserole		LUNCH-Chicken Wrap* w/Ranch		LUNCH-BBQ Rib/Bun*		LUNCH-Pizza*
	Savory Carrots		Green Beans		Potato Wedges		Romaine Lettuce/Dressing		Corn
	Fresh Broccoli		Dinner Roll*		Mixed Vegetables		Baked Beans		Baby Carrots
	Blushing Pears		Mandarin Oranges		Graham Crackers*		Fresh Fruit		Diced Peaches
	Milk		Milk		Applesauce Cup/Milk		Milk		Milk
<b>18</b>	BREAKFAST-Juice, Milk	<b>19</b>	BREAKFAST-Juice, Milk	<b>20</b>	BREAKFAST-Juice, Milk	<b>21</b>	BREAKFAST-Juice, Milk	<b>22</b>	
	Breakfast Bites* & Fruit		Blueberry Waffles* & Fruit		Sausage Gravy & Biscuit* & Fruit		Breakfast Pizza* & Fruit		<b>NO SCHOOL</b>
	LUNCH-Chicken Strips*		LUNCH-Turkey Gravy		LUNCH-Hamburger or Cheeseburger		LUNCH-Hot Dog/Bun*		Winter Break
	Savory Carrots		Mashed Potatoes		Bun*/Baked Beans		Potato Wedges		
	Cucumber Slices		Celery Sticks		Sliced Cucumbers		Romaine Lettuce/Dressing		
	BB Sandwich*		Dinner Roll*/Jello		Rosy Applesauce		Strawberry Cup		
	Blushing Pears/Milk		Warm Cinnamon Apples/Milk		Milk		Milk		
<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>	
	<b>NO SCHOOL</b>		<b>NO SCHOOL</b>		<b>NO SCHOOL</b>		<b>NO SCHOOL</b>		<b>NO SCHOOL</b>
	Winter Break		Winter Break		Winter Break		Winter Break		Winter Break
	<b>MERRY CHRISTMAS!</b>								



NV Schools offers 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, Toast, Fruit, Juice & Milk or 2 pieces of Toast, Juice & Milk.

NV Middle School offers baked and kettle cooked chips, WG rice krispie bar etc. as ala carte items that can be purchased.

Romaine Lettuce/Lite Ranch Dressing and Baby Carrots offered daily.

This institution is an equal opportunity provider.