Nodaway Valley Middle School October 2023

Monday Tuesday Wednesday Thursday Friday

Confetti Paneakes WG & Fruit LUNCH-Hangerine Chicken Rike (Brown) Cooked Carrots Fresh Cauliflower BB Sandwich WG Dimer Roll WG BreakFAST-Juice, Milk DreakFAST-Juice, Milk Confetti Paneakes WG & Fruit LUNCH-Chicken Nuggest Mashed Potatoses Gravy LUNCH-Bage RibbBun WG Baked Beach Baked Beans Casserole/Green Beans Causerole/Green Beans Baby Carrots Baby Carrots Baby Carrots Bush Ca	2 BREAKFAST-Juice, Milk	3 BREAKFAST-Juice, Milk	4 BREAKFAST-Juice, Milk	5 BREAKFAST-Juice, Milk	6 BREAKFAST-Juice, Milk
LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower Cucumber Slices BB Sandwich WG Dinner Roll WG Mandarin Ornages/Milk Breakfast Bites WG & Fruit LUNCH-Chicken Strips Cucumber Slices BB Saby Carrots Casesrole Green Beans Baby Carrots Casesrole Green Beans Baby Carrots Casesrole Slices BB Sandwich WG Dinner Roll WG Mandarin Ornages/Milk B16 BREAKFAST-Juice, Milk B16 BREAKFAST-Juice, Milk B17 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Checken Drumstick Mashed Potatoes/Gravy Mashed Potatoes/Gravy Baby Carrots Calcumber Slices Ca	,	·	, ,		· ·
Rice (Brown)/Cooked Carrots Fresh Cauliflower Cucumber Slices Baby Carrots Fresh Snocoli Corn Baby Sandwich WG Dinner Roll WG Mandarin Oranges/Milk Milk 10 BREAKFAST-Juice, Milk Blueberry Waffles WG & Fruit LUNCH-Chicken Strips LUNCH-Chekesy Ham Hasbrown Casserole/Green Beans Baby Carrots Baby Carrots Baby Carrots LUNCH-Ghesy Ham Hasbrown Casserole/Green Beans Baby Carrots Baby Carrots Baby Carrots Baby Carrots Casserole/Green Beans Baby Carrots Baby Carr					· ·
Fresh Cauliflower BB Sandwich WG Dinner Roll WG Savory Carrots Cucumber Slices Baby Carrots Siced Cucumbers Baby Carrots Dinner Roll WG BB Sandwich WG Dinner Roll WG Dinne	-			`	
BB Sandwich WG Fruit Cocktail/Milk Bilusberg Warf Berak (Sary Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chieken Strips Savory Carrots Causember Slices BB Sandwich WG Dinner Roll WG Mandarin Oranges/Milk Confetti Pancakes WG & Fruit LUNCH-Chieken Strips Savory Carrots Caserole/Green Beans Baby Carrots Dinner Roll WG Dinner Roll W	, ,	1			Č
Fruit Cocktail/Milk 9 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Strips Savory Carrots Cucumber Slices Baby Carrots Blushing Pears/Milk Confetti Pancakes WG & Fruit LUNCH-Chicken Drumstick LUNCH-Chicken Drumstick Colestal Milk Milk Mandarin Oranges/Milk Milk Mandarin Oranges/Milk Milk Milk Milk Milk Milk Milk Milk			, and the second		
10 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Strips LUNCH-Cheesy Ham Hasbrown Casserole/Green Beans Baby Carrots Banana Corrots Corrots Corrots Banana Corrots Co			* **		
Breakfast Bites WG & Fruit LUNCH-Chicken Strips Savory Carrots Caseorole/Green Beans Savory Carrots Baby Carrots Baby Carrots Baby Carrots Bushing Pears/Milk Dinner Roll WG Mandarin Oranges/Milk Dinner Roll WG Mashed Potatoes/Gravy Celery Sticks Bib Sandwich WG Dinner Roll WG Mandarin Oranges/Milk Dinner Roll WG Mandarin Oranges/Milk Dinner Roll WG Mandarin Oranges/Milk Dinner Roll WG Mashed Potatoes/Gravy Celery Sticks Dinner Roll WG Mandarin Oranges/Milk Dinner Roll WG Milk Dinner Roll WG Mandarin Oranges/Milk Dinner Roll WG Mandarin Oranges/Milk Dinner Roll WG Dinner Roll WG Mandarin Oranges/Milk Dinner Roll WG Mandarin Oranges/M					
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Caserole/Green Beans Baby Carrots Cucumber Slices Baby Carrots Dinner Roll WG Blushing Pears/Milk Confetti Pancakes WG & Fruit LUNCH-Chicken Drumstick Savory Carrots Cole Slaw Celery Sticks Fresh Proucible LUNCH-Schipep Patry/Bun WG Savory Carrots Colery Sticks/String Cheese Blushing Pears Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Colery Sticks/String Cheese Clery Sticks/String Cheese Clery Sticks/String Cheese Clery Sticks/String Cheese Savory Carrots Milk 31 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Shrimp Poppers Blushing Pears Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Garots Colery Sticks/String Cheese Cucumber Slices Carlie Knot WG Fresh Fruit CunCH-Chicken Patry/Bun WG Savory Carrots Clery Sticks/String Cheese Cucumber Slices Carlie Knot WG Fresh Fruit CunCH-Chicken Patry/Bun WG Savory Carrots Clery Sticks/String Cheese Cucumber Slices Cucumber		•	,		
Cucumber Slices BB Sandwich WG Blushing Pears Milk Andarin Oranges/Milk Breakfast Bites WG & Fruit LUNCH-Shocken Pattry/Bun WG Savory Carrots Celery Sticks/String Cheese Savory Carrots Celery Sticks/String Cheese Savory Carrots Confetti Pancakes WG & Fruit LUNCH-Chicken Pattry/Bun WG Savory Carrots Confetti Pancakes WG & Fruit LUNCH-Shocken Dinner Roll WG Mandarin Oranges/Milk Breakfast Pizza WG & Fruit LUNCH-Hot Dog/Bun WG Savory Carrots Savory Carrots Cole Slaw Milk Breakfast Pizza WG & Fruit LUNCH-Chicken Pattry/Bun WG Milk Breakfast Bites WG & Fruit LUNCH-Spockaghetti WG & Fruit LUNCH-Hot Dog/Bun WG Savory Carrots Cole Slaw Cole Slaw Milk 24 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Pattry/Bun WG Savory Carrots Cole Savory Carrots Cole Slaw Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots WMeatballs WMeatballs Milk and Juice Served With Breakfast With Breakfast Wilk And Juice Served With Breakfast Wilk Breakfast Wilk Breakfast Wilk Breakfast Pizza WG & Fruit LUNCH-Spookghetti WG WMeatballs WMeatballs Milk and Juice Served With Breakfast Wilk Breakfast Wilk Breakfast Wilk Breakfast Wilk Breakfast Pizza WG Wilk Breakfast Pizza WG BreakFAST-Juice, Milk Breakfast Pizza WG Romaine Lettuce/Dressing Com Strawberries & Peaches/Milk LUNCH-Chicken Alfredo Garric Knot WG Fruit LUNCH-Chicken Alfredo Garric Knot WG Freish Fruit LUNCH-Chicken Alfredo Garric Knot WG Freish Fruit VUNCH-Chicken Alfredo Garric Knot WG Freish Fruit LUNCH-Hot Dog/Bun WG BreakFAST-Juice, Milk Breakfast Pizza WG BreakFAST-Juice, Milk Breakfast Pizza WG BreakFAST-Juice, Milk Breakfast Pizza WG Breakfast Pizza WG BreakFAST-Juice, Milk Breakfast Pizza WG B	^	· ·			, , , , , , , , , , , , , , , , , , ,
BB Sandwich WG Blushing Pears/Milk 16 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Sloppy Joes/Bun WG Savory Carrots Cole Slaw Celery Sticks Dinner Roll WG Mandarin Oranges/Milk 18 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Popcorn Chicken Baked Beans Cucumber Slices Breakfast Bites WG & Fruit LUNCH-Shirpp Popers Breakfast Bites WG & Fruit LUNCH-Shirpp Popers Breakfast Bites WG & Fruit LUNCH-Shirpp Popers Broccoli w/Cheese Sauce Blushing Pears Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Spoops Machaer Breakfast Bites Baked Beans Cucumber Slices Baked Beans Cucumber Slices Garlic Knot WG Green Beans/Baby Carrots Garlic Knot WG Fresh Fruit Milk Blueberry Waffles WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Broccoli w/Cheese Sauce Blushing Pears Milk 31 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Spoops Malk Breakfast Dize with Breakfast Breakfast Bites WG & Fruit LUNCH-Brocorn Baked Beans Cucumber Slices Cucumber Sli				86	
Blushing Pears/Milk Mandarin Oranges/Milk Milk Milk Milk Milk Milk Strawberries & Peaches/Milk Milk				· ·	S
16 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Sloppy Joes/Bun WG Savory Carrots Cole Slaw Coletail Breakfast Pizes Mashed Potatoes/Gravy Coletail Breakfast Pizes Colety Sticks Dinner Roll WG Mandarin Oranges/Milk Breakfast Bites WG & Fruit LUNCH-Shrimp Poppers Blushing Pears Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Spookghetti WG Savory Carrots Mashed Potatoes/Gravy Colety Sticks Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk Blueberry Waffles WG & Fruit LUNCH-Shrimp Poppers Brocoli Colery Sticks/String Cheese Cinnamon Roll WG Mandarin Oranges/Milk Milk 31 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Spookghetti WG W/Meatballs Ghostly Salad/Dressing 18 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Chicken Alfredo Green Beans/Baby Carrots Garlic Knot WG Green Beans/Baby Carrots Garlic Knot WG Fresh Fruit LUNCH-Chicken Alfredo Garlic Kn			* **		
Confetti Pancakes WG & Fruit LUNCH-Sloppy Joes/Bun WG Savory Carrots Cole Slaw Colery Sticks Dinner Roll WG Mandarin Oranges/Milk Breakfast Bites WG & Fruit LUNCH-Shrimp Poppers Bushing Pears Milk Mandarin Oranges/Milk Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Sloppy Joes/Bun WG Savory Carrots Fresh Cauliflower French Toast WG & Fruit LUNCH-Chicken Drumstick Mashed Potatoes/Gravy Celery Sticks Cucumber Slices Baked Beans Cucumber Slices Garlic Knot WG Green Beans/Baby Carrots Green Beans/Baby Carrots Garlic Knot WG Fresh Fruit LUNCH-Chicken Alfredo Green Beans/Baby Carrots Garlic Knot WG Fresh Fruit LUNCH-Chicken Milk Milk 24 BREAKFAST-Juice, Milk Blueberry Waffles WG & Fruit LUNCH-Shrimp Poppers Broccoli W/Cheese Sauce Celery Sticks/String Cheese Cinnamon Roll WG Mandarin Oranges/Milk Milk 31 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Hoacaroni & Cheese Savory Carrots Fresh Cauliflower Milk and Juice Served With Breakfast WG & Fruit LUNCH-Shocken Alfredo Green Beans/Baby Carrots Garlic Knot WG Fresh Fruit LUNCH-Hot Dog/Bun WG Fruit LUNCH-Hot Dog/Bun WG Frout LUNCH-Hot Dog/Bun WG Frout NO LUNCH NO SCHOOL N					
LUNCH-Sloppy Joes/Bun WG Savory Carrots Mashed Potatoes/Gravy Celery Sticks Cucumber Slices Garlic Knot WG Fresh Fruit Corktail Milk Breakfast Bites WG & Fruit LUNCH-Shrimp Poppers Blushing Pears Milk Mandarin Oranges/Milk Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Savory Carrots LUNCH-Chicken Drumstick Mashed Potatoes/Gravy Baked Beans Cucumber Slices Cucumber Slices Baked Beans Cucumber Slices Garlic Knot WG Fresh Fruit Milk Milk Milk Milk Milk Milk Milk Milk	Confetti Pancakes WG & Fruit	French Toast WG & Fruit		Breakfast Pizza WG & Fruit	
Savory Carrots Mashed Potatoes/Gravy Celery Sticks Cucumber Slices Garlic Knot WG Fruit Cocktail Dinner Roll WG Milk 23 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Blushing Pears Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower Mashed Potatoes/Gravy Baked Beans Cucumber Slices Garlic Knot WG Fresh Fruit Pineapple Milk Milk 26 BREAKFAST-Juice, Milk Buleberry Waffles WG & Fruit LUNCH-Hot Dog/Bun WG Baked Beans Cucumber Slices Cucumber Slices Cucumber Slices NO LUNCH Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal Menus Subject to Change Milk And Juice Served with Breakfast With and Juice Served with Breakfast	LUNCH-Sloppy Joes/Bun WG	LUNCH-Chicken Drumstick	,	LUNCH-Chicken Alfredo	- C
Cole Slaw Cole Slaw Cole Slaw Cole Slaw Coumber Slices Dinner Roll WG Mandarin Oranges/Milk 23 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk Molk Molk Mondarin Oranges/Milk Molk Breakfast Direc, Milk Blueberry Waffles WG & Fruit LUNCH-Shrimp Poppers Broccoli Blushing Pears Milk Molk Molk Molk Molk Molk Molk Molk Mo	Savory Carrots	Mashed Potatoes/Gravy	*	Green Beans/Baby Carrots	Romaine Lettuce/Dressing
Fruit Cocktail Dinner Roll WG Milk Mandarin Oranges/Milk 24 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Spookghetti WG Savory Carrots Fresh Cauliflower Dinner Roll WG Mandarin Oranges/Milk Mandarin Oranges/Milk BB Sandwich WG Rosy Applesauce/Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Hot Dog/Bun WG Baked Beans Cucumber Slices Cucumber Slices Applesauce Cup Milk Menus Subject to Change Milk and Juice Served with Breakfast	Cole Slaw		Cucumber Slices	· ·	_
Milk Mandarin Oranges/Milk Rosy Applesauce/Milk Milk Milk and Juice Served With Breakfast With Breakfast With Breakfast Milk and Juice Served With Breakfast	Fruit Cocktail	•	BB Sandwich WG	Fresh Fruit	Pineapple
23 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Broccoli w/Cheese Sauce Celery Sticks/String Cheese Clinnamon Roll WG Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Spookghetti WG Savory Carrots 31 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Spookghetti WG Savory Carrots 31 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Spookghetti WG Savory Carrots 31 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Spookghetti WG Savory Carrots 32 BREAKFAST-Juice, Milk Fresh Cauliflower 32 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Hot Dog/Bun WG Baked Beans Cucumber Slices Cucumber Slices Cucumber Slices Cucumber Slices Applesauce Cup Four-Hour Early Dismissal Milk Menus Subject to Change Milk and Juice Served with Breakfast	Milk	Mandarin Oranges/Milk	Rosy Applesauce/Milk	Milk	
LUNCH-Chicken Patty/Bun WG Savory Carrots Broccoli w/Cheese Sauce Fresh Broccoli Blushing Pears Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Savory Carrots LUNCH-Hot Dog/Bun WG Baked Beans Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal Milk Milk 31 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower Milk and Juice Served W/Meatballs Ghostly Salad/Dressing Milk Breakfast	23 BREAKFAST-Juice, Milk			26 BREAKFAST-Juice, Milk	27
Savory Carrots Broccoli w/Cheese Sauce Celery Sticks/String Cheese Cucumber Slices Cucumber S	Breakfast Bites WG & Fruit	Blueberry Waffles WG & Fruit	Sausage Gravy&Biscuit WG & Fruit	Breakfast Pizza WG & Fruit	
Fresh Broccoli Blushing Pears Cinnamon Roll WG Milk Mandarin Oranges/Milk Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower Cucumber Slices Applesauce Cup Milk Milk Milk Menus Subject to Change LUNCH-Spookghetti WG w/Meatballs Ghostly Salad/Dressing Milk and Juice Served with Breakfast	LUNCH-Chicken Patty/Bun WG	LUNCH-Shrimp Poppers	LUNCH-Hot Dog/Bun WG	NO LUNCH	NO SCHOOL
Blushing Pears Milk Mandarin Oranges/Milk Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower Cinnamon Roll WG Applesauce Cup Milk Menus Subject to Change LUNCH-Spookghetti WG w/Meatballs Ghostly Salad/Dressing Milk and Juice Served with Breakfast	Savory Carrots	Broccoli w/Cheese Sauce	Baked Beans	Parent-Teacher Conferences	
Milk 30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower Mandarin Oranges/Milk Milk Menus Subject to Change W/Meatballs Milk and Juice Served w/Meatballs Milk and Juice Served with Breakfast	Fresh Broccoli	Celery Sticks/String Cheese	Cucumber Slices	1:00-9:00	
30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower 31 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Spookghetti WG w/Meatballs Ghostly Salad/Dressing 31 BREAKFAST-Juice, Milk French Toast WG & Fruit to Change Milk and Juice Served with Breakfast	Blushing Pears	Cinnamon Roll WG	Applesauce Cup	Four-Hour Early Dismissal	
Confetti Pancakes WG & Fruit LUNCH-Macaroni & Cheese LUNCH-Spookghetti WG Savory Carrots Fresh Cauliflower LUNCH-Spookghetti WG w/Meatballs Ghostly Salad/Dressing Milk and Juice Served with Breakfast	Milk	Mandarin Oranges/Milk	Milk		
LUNCH-Macaroni & Cheese Savory Carrots W/Meatballs Fresh Cauliflower LUNCH-Spookghetti WG W/Meatballs With Breakfast	30 BREAKFAST-Juice, Milk	31 BREAKFAST-Juice, Milk	Menus Subject		\
Savory Carrots w/Meatballs Milk and Juice Served Fresh Cauliflower Ghostly Salad/Dressing with Breakfast	Confetti Pancakes WG & Fruit	French Toast WG & Fruit	to Change		
Fresh Cauliflower Ghostly Salad/Dressing with Breakfast	LUNCH-Macaroni & Cheese	LUNCH-Spookghetti WG		C C C	
	Savory Carrots	w/Meatballs	Milk and Juice Served		1 6
	Fresh Cauliflower	Ghostly Salad/Dressing	with Breakfast		
BB Sandwich WG Vampire Veggie/GhastlyGarlicKnotWG Milk Served with Lunch	BB Sandwich WG	Vampire Veggie/GhastlyGarlicKnotWG	Milk Served with Lunch		
Blushing Pears/Milk Freaky Fruit/Chilling Milk	Blushing Pears/Milk	Freaky Fruit/Chilling Milk		UCTO	ノロビー

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.

OCTOBER 31st menu is Spaghetti & Meatballs, Romaine Lettuce/Dressing, Baby Carrots, Garlic Knot WG, Mandarin Oranges and Milk.

NV Middle School offers reduced fat ice cream, WG rice krispie bar etc. as ala carte items that can be purchased.

WG = Whole Grain.

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

This institution is an equal opportunity provider.