

Nodaway Valley Middle School October 2023

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk</p>	<p>3 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Chicken Nuggets Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk</p>	<p>4 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Maidrites/Bun WG Cole Slaw Baby Carrots Rosy Applesauce Milk</p>	<p>5 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-BBQ Rib/Bun WG Baked Beans Fresh Broccoli Fresh Fruit Milk</p>	<p>6 BREAKFAST-Juice, Milk Long John WG & Fruit LUNCH-Pizza WG Romaine Lettuce/Dressing Corn Diced Peaches Milk</p>
<p>9 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Strips Savory Carrots Cucumber Slices BB Sandwich WG Blushing Pears/Milk</p>	<p>10 BREAKFAST-Juice, Milk Blueberry Waffles WG & Fruit LUNCH-Cheesy Ham Hasbrown Casserole/Green Beans Baby Carrots Dinner Roll WG Mandarin Oranges/Milk</p>	<p>11 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Hamburger/Bun WG Baked Beans Sliced Cucumbers Rosy Applesauce Milk</p>	<p>12 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Confetti Pancakes WG Egg Omelet Hashbrowns/Baby Carrots Banana Milk</p>	<p>13 BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Cheesy Calzone WG w/Marinara Sauce Romaine Lettuce/Dressing Corn Strawberries & Peaches/Milk</p>
<p>16 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Sloppy Joes/Bun WG Savory Carrots Cole Slaw Fruit Cocktail Milk</p>	<p>17 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Chicken Drumstick Mashed Potatoes/Gravy Celery Sticks Dinner Roll WG Mandarin Oranges/Milk</p>	<p>18 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Popcorn Chicken Baked Beans Cucumber Slices BB Sandwich WG Rosy Applesauce/Milk</p>	<p>19 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Chicken Alfredo Green Beans/Baby Carrots Garlic Knot WG Fresh Fruit Milk</p>	<p>20 BREAKFAST-Juice, Milk Long John WG & Fruit LUNCH-Cheese Quesadilla WG Romaine Lettuce/Dressing Corn Pineapple Milk</p>
<p>23 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk</p>	<p>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</p>	<p>25 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit WG & Fruit LUNCH-Hot Dog/Bun WG Baked Beans Cucumber Slices Applesauce Cup Milk</p>	<p>26 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit NO LUNCH Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal</p>	<p>27</p> <p>NO SCHOOL</p>
<p>30 BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower BB Sandwich WG Blushing Pears/Milk</p>	<p>31 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Spookghetti WG w/Meatballs Ghostly Salad/Dressing Vampire Veggie/GhastlyGarlicKnotWG Freaky Fruit/Chilling 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 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.