

Nodaway Valley Middle School October 2025

Monday



Tuesday

Wednesday

Thursday

Friday

	<i>Menus Subject to Change</i> <i>*Denotes Whole Grain</i> <i>Extra Milk is 50 cents (with a sack lunch from home)</i>	1 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Baked Beans Romaine Lettuce/Dressing Rosy Applesauce/Milk	2 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Deli Turkey & Cheese/Bun* Green Beans Fresh Broccoli Fresh Grapes Milk	3 BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Stuffed Crust Pizza* Mixed Vegetables Cucumber Slices Diced Peaches Milk
6 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Chicken Wrap* w/Ranch Savory Carrots Fresh Broccoli Graham Crackers* Fruit Cocktail/Milk	7 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Chicken Nuggets* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Fresh Apple/Milk	8 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Corn Dog French Fries Baked Beans Rosy Applesauce Milk	9 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Confetti Pancakes* Egg Omelet Hashbrowns/Baby Carrots Banana Milk	10 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Fiestada* Green Beans Romaine Lettuce/Dressing Strawberries & Peaches Milk
13 BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit LUNCH-Tangerine Chicken* Rice (Brown)*/Cooked Carrots Fresh Cauliflower BB Sandwich* Blushing Pears/Milk	14 BREAKFAST-Juice, Milk Breakfast Bagel* & Fruit LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli Dinner Roll* Mandarin Oranges/Milk	15 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Pupusa* Green Beans Baby Carrots Rosy Applesauce Milk	16 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Cheesy French Bread Pizza* w/Marinara Sauce Potato Wedges Red Pepper Strips Fresh Fruit/Milk	17 BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Soft Shell Tacos* Refried Beans Cherry Tomatoes Strawberry Cup Milk
20 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Italian Sub* w/Cheese French Fries Green Beans Fresh Orange Milk	21 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Chili Soup/Crackers Grilled Cheese Sandwich* Romaine Lettuce/Dressing Cucumber Slices Mandarin Oranges/Milk	22 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Hot Dog/Bun* Tater Tots Savory Carrots Applesauce Cup Milk	23 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit NO LUNCH Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal	24 NO SCHOOL
27 BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit LUNCH-Chicken Patty*/Bun* Baked Beans Cherry Tomatoes Fresh Pear Milk	28 BREAKFAST-Juice, Milk Breakfast Bagel* & Fruit LUNCH-Shrimp Poppers* Broccoli w/Cheese Sauce Baby Carrots/String Cheese Cinnamon Roll* Fruit Cocktail/Milk	29 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-BBQ Rib/Bun* Tater Tots Cucumber Slices Rosy Applesauce Milk	30 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Chicken Nuggets Green Beans Red Pepper Strips Sun Chips* Fresh Apple/Milk	31 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Bat Burger/w Cheese Skeleton Fingers Vampire Veggies Chilling Fruit Monster Milk

National Hot Lunch Week is October 13th-17th, "Taste the World, Your School Lunch Passport".

NV Schools offer 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 1/2 cup of fruit or vegetable.

Breakfast option offered daily: Cereal, Toast, Fresh Fruit, Juice & Milk or 2 pieces of Toast, Fresh Fruit, Juice & Milk.

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

Fresh vegetables offered daily including Romaine Lettuce/Dressing and Baby Carrots.

October 31st menu is Cheeseburger/Bun*, French Fries, Baby Carrots, Strawberry Cup and Milk.

This institution is an equal opportunity provider.