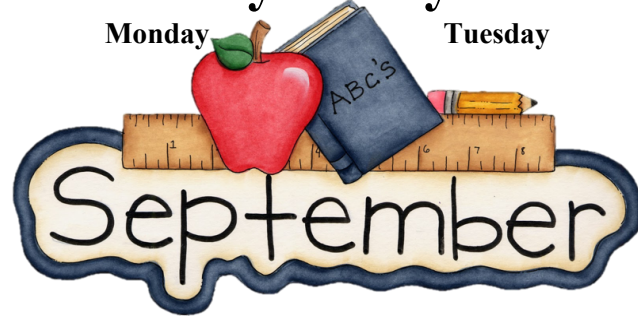


# Nodaway Valley Elementary (K-5th) School    September 2023



Monday

Tuesday

Wednesday

Thursday

Friday

		<i>Parents may deposit money to their student's meal account in JMC Parent. Click on the JMC Parent tab under Parents on the Nodaway Valley web site at <a href="http://www.nodawayvalley.org">www.nodawayvalley.org</a></i>		<i>Menus Subject to Change  Milk and Juice Served with Breakfast Milk Served with Lunch</i>		<b>1</b> BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Pizza WG Romaine Lettuce/Dressing Baby Carrots Diced Peaches Milk			
<b>4</b> <b>NO SCHOOL</b>  LABOR DAY		<b>5</b> BREAKFAST-Juice, Milk Frudel WG & Fruit LUNCH-Spaghetti & Meatballs Green Beans Baby Carrots Mandarin Oranges Milk		<b>6</b> BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Cheeseburger/Bun WG Broccoli w/Cheese Sauce Sliced Cucumbers Rosy Applesauce Milk		<b>7</b> BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Confetti Pancakes WG Egg Omelet Hashbrowns/Baby Carrots Banana Milk		<b>8</b> BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Crispito WG Refried Beans Sliced Cucumbers BB Sandwich Strawberries & Peaches/Milk	
<b>11</b> BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Mini Corn Dog WG Savory Carrots Fresh Cauliflower Blushing Pears Milk		<b>12</b> BREAKFAST-Juice, Milk Dutch Waffle WG & Fruit LUNCH-Pork Tenderloin Mashed Potatoes/Gravy Celery Sticks Dinner Roll WG Mandarin Oranges/Milk		<b>13</b> BREAKFAST-Juice, Milk Cinnamon Toast Waffles WG & Fruit LUNCH-Hot Dog/Bun WG Baked Beans Cucumber Slices Applesauce Cup Milk		<b>14</b> BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Saucy Meatballs Green Beans/Baby Carrots Garlic Toast Fresh Fruit Milk		<b>15</b> BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Cheese Quesadilla WG Romaine Lettuce/Dressing Fresh Broccoli Pineapple Milk	
<b>18</b> BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk		<b>19</b> BREAKFAST-Juice, Milk Frudel WG & Fruit LUNCH-Shrimp Poppers Broccoli w/Cheese Celery Sticks/Lite String Cheese Cinnamon Roll WG Mandarin Oranges/Milk		<b>20</b> BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit LUNCH-Cheesy French Bread Pizza WG/w Marinara Sauce Green Beans/Baby Carrots Rosy Applesauce Milk		<b>21</b> BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Popcorn Chicken Baked Beans Cucumber Slices BB Sandwich WG Fresh Fruit/Milk		<b>22</b> BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Fiestada WG Corn Baby Carrots Diced Peaches Milk	
<b>25</b> BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower BB Sandwich WG Blushing Pears/Milk		<b>26</b> BREAKFAST-Juice, Milk Dutch Waffle WG & Fruit LUNCH-Chicken Strips Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk		<b>27</b> BREAKFAST-Juice, Milk Cinnamon Toast Waffles WG & Fruit LUNCH-Pizza Crunchers WG w/Marinara Sauce Mixed Vegetables Baby Carrots Applesauce Cup/Milk		<b>28</b> BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce Romaine Lettuce/Dressing Cucumber Slices Fresh Fruit/Milk		<b>29</b> BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Walking Taco WG Refried Beans Baby Carrots Pineapple Milk	

NV Schools offer skim white milk, 1% white milk and chocolate skim milk.

Breakfast option offered daily: Cereal, Toast, Juice & Milk.

WG = Whole Grain

This institution is an equal opportunity provider.