

Nodaway Valley Middle School September 2026

Monday



Tuesday

Wednesday

Thursday

Friday

	1 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Breaded Pork Steak* Mashed Potatoes/Gravy Baby Carrots Bug Bites* Fruit Cocktail/Milk	2 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Savory Carrots Fresh Broccoli Rosy Applesauce/Milk	3 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Pork Totchos Baby Carrots Fresh Baked Biscuit Fresh Fruit Milk	4 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Big Daddy's Pepperoni Pizza* Green Beans Romaine Lettuce/Dressing Diced Peaches Milk
7 NO SCHOOL LABOR DAY	8 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Tangerine Chicken* Rice (Brown)*/Cooked Carrots Fresh Cauliflower BB Sandwich* Apple Slices/Milk	9 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-BBQ Rib/Bun* Baked Beans Romaine Lettuce/Dressing Rosy Applesauce Milk	10 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Sloppy Joes/Bun* Potato Starz Cucumber Slices Banana Milk	11 BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Crispito*/Cheese Stick Green Beans Baby Carrots BB Sandwich* Warm Cinnamon Apples/Milk
14 BREAKFAST-Juice, Milk Dutch Waffle* & Fruit LUNCH-Hot Ham & Cheese/Bun* Baked Beans Romaine Lettuce/Dressing Fresh Pear Milk	15 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Shrimp Poppers* Broccoli w/Cheese Baby Carrots/Cheese Stick Cinnamon Roll* Fruit Cocktail/Milk	16 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Cheesy French Bread Pizza* w/Marinara Sauce Savory Carrots Fresh Broccoli Rosy Applesauce/Milk	17 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Grilled Chicken/Bun* Potato Wedges Cucumber Slices Fresh Fruit Milk	18 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Cheese Quesadilla* Mixed Vegetables Romaine Lettuce/Dressing Diced Peaches Milk
21 NO SCHOOL TEACHER PD	22 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli Dinner Roll* Mandarin Oranges/Milk	23 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Chicken Wrap* w/Ranch Savory Carrots Fresh Broccoli Graham Crackers* Rosy Applesauce/Milk	24 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Breakfast Bowl (which includes breakfast potatoes, scrambled eggs, gravy, & cheese) Baby Carrots/Biscuit Banana/Milk	25 BREAKFAST-Juice, Milk Breakfast Sandwich* & Fruit LUNCH-Soft Shell Tacos* Refried Beans Cherry Tomatoes Strawberries & Peaches Milk
28 BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit LUNCH-Hot Dog/Bun* Tater Tots Baked Beans Fruit Slushie Milk	29 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Chicken Alfredo* Green Beans Baby Carrots Garlic Toast* Mandarin Oranges/Milk	30 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Pulled Pork/Bun* Sweet Potato Fries Cucumber Slices Rosy Applesauce Milk	Menus Subject to Change <i>*Denotes Whole Grain</i> Extra Milk is 60 cents	<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 www.nodawayvalley.org</i>

NV Schools offer 1% white and skim white milk at breakfast and skim white milk, 1% white milk and chocolate skim milk at lunch. □

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.

This institution is an equal opportunity provider.