

Nodaway Valley High School

October 2025

Monday



Tuesday

Wednesday

Thursday

Friday

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

Breakfast option offered daily: Cereal, String Cheese, Fruit, Juice & Milk.

Fresh and/or canned fruit will be offered at breakfast.

Assortment of fruits and vegetables are offered daily at lunch including Romaine or Butterhead Lettuce and Baby Carrots.

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

This institution is an equal opportunity provider.