

# Nodaway Valley Middle School      December 2024


**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>2</b> BREAKFAST-Juice, Milk Breakfast Bites* &amp; Fruit LUNCH-Meatball Sub* Baked Beans Baby Carrots Blushing Pears Milk</p>	<p><b>3</b> BREAKFAST-Juice, Milk French Toast* &amp; Fruit LUNCH-Chicken Strips* Mashed Potatoes/Gravy Fresh Broccoli Dinner Roll* Mandarin Oranges/Milk</p>	<p><b>4</b> BREAKFAST-Juice, Milk Sausage Gravy &amp; Biscuit* &amp; Fruit LUNCH-Cheesy French Bread Pizza* w/Marinara Sauce Romaine Lettuce/Dressing Green Beans Rosy Applesauce/Milk</p>	<p><b>5</b> BREAKFAST-Juice, Milk Breakfast Pizza* &amp; Fruit LUNCH-Fruit Loop Waffles* Egg Omelet Hashbrowns/Baby Carrots Banana Milk</p>	<p><b>6</b> BREAKFAST-Juice, Milk Long John* &amp; Fruit LUNCH-Pizza* Corn Red Pepper Strips Strawberries &amp; Peaches Milk</p>
<p><b>9</b> BREAKFAST-Juice, Milk Ultimate Breakfast Round* &amp; Fruit LUNCH-Macaroni* &amp; Cheese Savory Carrots Fresh Cauliflower BB Sandwich* Blushing Pears/Milk</p>	<p><b>10</b> BREAKFAST-Juice, Milk French Toast* &amp; Fruit LUNCH-Popcorn Chicken* Bowl (Includes Mashed Potatoes, Gravy, Corn, Popcorn Chicken &amp; Cheese) Dinner Roll* Mandarin Oranges/Milk</p>	<p><b>11</b> BREAKFAST-Juice, Milk Sausage Gravy &amp; Biscuit* &amp; Fruit LUNCH-Hot Ham &amp; Cheese/Bun* Broccoli w/Cheese Sauce Baby Carrots Rosy Applesauce Milk</p>	<p><b>12</b> BREAKFAST-Juice, Milk Breakfast Pizza* &amp; Fruit LUNCH-Chicken Alfredo* Mixed Vegetables Cucumber Slices Fresh Fruit Milk</p>	<p><b>13</b> BREAKFAST-Juice, Milk Breakfast Sandwich* &amp; Fruit LUNCH-Soft Shell Tacos* Refried Beans Baby Carrots Strawberry Cup Milk</p>
<p><b>16</b> BREAKFAST-Juice, Milk Breakfast Bites* &amp; Fruit LUNCH-Pretzel Dog* w/Cheese Sauce Potato Wedges Baby Carrots Blushing Pears Milk</p>	<p><b>17</b> BREAKFAST-Juice, Milk French Toast* &amp; Fruit LUNCH-Hot Beef Sundae (Includes Mashed Potatoes, Gravy, Shredded Beef &amp; Shredded Cheese) Cucumber Slices/Dinner Rolls* Warm Cinnamon Apples/Milk</p>	<p><b>18</b> BREAKFAST-Juice, Milk Sausage Gravy &amp; Biscuit* &amp; Fruit LUNCH-Bosco Cheese Sticks* w/Marinara Sauce Green Beans Baby Carrots Rosy Applesauce/Milk</p>	<p><b>19</b> BREAKFAST-Juice, Milk Breakfast Pizza* &amp; Fruit LUNCH-Chicken Wrap* w/Ranch Savory Carrots Cucumber Slices Graham Crackers* Fresh Fruit/Milk</p>	<p><b>20</b> BREAKFAST-Juice, Milk Long John* &amp; Fruit LUNCH-Hamburger or Cheeseburger Bun*/Baked Beans Baby Carrots Applesauce Cup Milk</p>
<p><b>23</b>  <b>NO SCHOOL</b> Winter Break</p>	<p><b>24</b>  <b>NO SCHOOL</b> Winter Break</p>	<p><b>25</b>  <b>MERRY CHRISTMAS!</b> </p>	<p><b>26</b>  <b>NO SCHOOL</b> Winter Break</p>	<p><b>27</b>  <b>NO SCHOOL</b> Winter Break </p>
<p><b>30</b>  <b>NO SCHOOL</b> Winter Break</p>	<p><b>31</b>  <b>NO SCHOOL</b> Winter Break</p>	<p><i>Menus Subject to Change</i>  <i>*Denotes Whole Grain</i></p>	<p><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></p>	

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. NV Middle School offers baked and kettle cooked chips, WG rice krispie bar etc. as ala carte items that can be purchased. Romaine Lettuce/Lite Ranch Dressing and Baby Carrots offered daily. This institution is an equal opportunity provider.