

Nodaway Valley Middle School November 2023

Monday

Tuesday

Wednesday

Thursday

Friday

<i>Menus Subject to Change</i>	<i>*Denotes Whole Grain</i>	<i>Veterans Day - November 11</i>			
			1 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Chicken Nuggets* French Fries Cucumber Slices BB Sandwich* Rosy Applesauce/Milk	2 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Cheesy French Bread Pizza*/w Marinara Sauce Baked Beans Fresh Broccoli Fresh Fruit/Milk	3 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Fiestada* Mixed Vegetables Baby Carrots Strawberry Cup Milk
6 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Tangerine Chicken* Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich* Fruit Cocktail/Milk	7 BREAKFAST-Juice, Milk Blueberry Waffles* & Fruit LUNCH-Chicken Strips* Mashed Potatoes/Gravy Cucumber Slices Dinner Roll* Mandarin Oranges/Milk	8 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Chicken Wrap* w/Ranch Potato Wedges Mixed Vegetables Graham Crackers* Applesauce Cup/Milk	9 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-BBQ Rib/Bun* Romaine Lettuce/Dressing Baked Beans Fresh Fruit Milk	10 BREAKFAST-Juice, Milk Mini Donuts* & Fruit LUNCH-Walking Taco* Refried Beans Baby Carrots Pineapple Milk	
13 BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit LUNCH-Hot Ham & Cheese/Bun* Romaine Lettuce/Dressing Corn Blushing Pears Milk	14 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Turkey Gravy Mashed Potatoes Celery Sticks/Jello Dinner Roll*/Cranberry Sauce Mandarin Oranges/Milk	15 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Cheeseburger/Bun* Baked Beans Sliced Cucumbers Rosy Applesauce Milk	16 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Blueberry Waffles* Egg Omelet Hashbrowns/Baby Carrots Banana Milk	17 BREAKFAST-Juice, Milk Long John* & Fruit LUNCH-Cheesy Calzone* w/Marinara Sauce Romaine Lettuce/Dressing Green Beans Strawberries & Peaches/Milk	
20 BREAKFAST-Juice, Milk Breakfast Bites* & Fruit LUNCH-Tomato Soup/Crackers Grilled Cheese Sandwich* Yogurt/Fresh Broccoli Mandarin Oranges Milk	21 BREAKFAST-Juice, Milk Blueberry Waffles* & Fruit LUNCH-Hot Dog/Bun* Potato Wedges Cucumber Slices Applesauce Cup Milk	NO SCHOOL	23 NO SCHOOL HAPPY THANKSGIVING 	NO SCHOOL	
27 BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit LUNCH-Sloppy Joes/Bun* Savory Carrots Cole Slaw Fruit Cocktail Milk	28 BREAKFAST-Juice, Milk French Toast* & Fruit LUNCH-Chicken Drumstick* Mashed Potatoes/Gravy Celery Sticks Dinner Roll* Mandarin Oranges/Milk	29 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit* & Fruit LUNCH-Popcorn Chicken* Baked Beans Cucumber Slices BB Sandwich* Rosy Applesauce/Milk	30 BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit LUNCH-Chicken Alfredo* Green Beans/Baby Carrots Romaine Lettuce/Dressing Fresh Fruit Milk	<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 offers 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.

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.