

Nodaway Valley High School March 2023

Monday

Tuesday

Wednesday

Thursday

Friday

*Menus Subject
to Change*

*Milk and Juice Served
with Breakfast
Milk Served with Lunch*

*Parents may deposit money
to their student's meal account
with SchoolPay, a secure online
payment system. Click on the
SchoolPay link on the
Nodaway Valley web site at
www.nodawayvalley.org*

		1 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Chicken Nuggets Baked Beans Baby Carrots BB Sandwich WG Rosy Applesauce/Milk	2 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Chicken Wrap w/Ranch Potato Wedges Romaine Lettuce/Dressing Graham Crackers Fresh Fruit/Milk	3 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce Mixed Vegetables Baby Carrots Strawberry Cup/Milk
6 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Fish Nuggets Macaroni & Cheese WG Savory Carrots/Fresh Cauliflower Blushing Pears Milk	7 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli Dinner Rolls WG Mandarin Oranges/Milk	8 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-BBQ Rib/Bun WG Baked Beans Cucumber Slices Rosy Applesauce Milk	9 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Ham, Egg, Cheese Croissant WG Hashbrowns/Baby Carrots Banana Milk	10 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Cheese Quesadilla WG Mixed Vegetables Cucumber Slices Strawberries & Peaches Milk
13 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Hot Ham&Cheese/Bun WG Baked Beans Cucumber Slices Sun Chips WG Blushing Pears/Milk	14 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Chicken Alfredo Romaine Lettuce/Dressing Baby Carrots/Garlic Knot WG Mandarin Oranges Milk	15 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Hot Dog/Bun WG Potato Wedges Cucumber Slices Sun Chips WG Strawberry Cup/Milk	16 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG NO LUNCH Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal	17 NO SCHOOL
20 Spring Break - No School	21 Spring Break - No School	22 Spring Break - No School	23 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Cheeseburger/Bun WG Potato Wedges Baby Carrots Rosy Applesauce Milk	24 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Cheesy French Bread Pizza WG/w Marinara Sauce Corn/Cucumber Slices Pineapple Tidbits Milk
27 BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk	28 BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Spaghetti & Meatballs Mixed Vegetables Baby Carrots Garlic Knot WG Mandarin Oranges/Milk	29 BREAKFAST-Juice, Milk Brfst Egg Pizza or Long John WG LUNCH-Chicken Strips French Fries Sliced Cucumbers BB Sandwich WG Rosy Applesauce/Milk	30 BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Sloppy Joes/Bun WG Baked Beans Baby Carrots Sun Chips WG Fresh Fruit/Milk	31 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Pizza WG Green Beans Romaine Lettuce/Dressing Diced Peaches Milk

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

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.

WG = Whole Grain.

This institution is an equal opportunity provider.

