Nodaway Valley Preschool August 2023 Wednesday Thursday Tuesday Monday Friday 2 3 4 Parents may deposit money 1 to their student's meal account The Free and Reduced Meals Application is available online or at any office. in JMC Parent. Ask for information by calling the Superintendent's Office at 641-743-6127 Click on the JMC Parent or e-mail jstender@nodawayvalley.org. tab under Parents on the All information is strictly confidential. Nodaway Valley web site at www.nodawayvalley.org 7 8 10 11 Menus Subject to Change 15 14 18 21 22 25 **23** BREAKFAST-Juice. Milk **24** BREAKFAST-Juice, Milk Confetti Pancakes WG & Fruit Breakfast Pizza WG & Fruit NO SCHOOL LUNCH-Chicken Patty/Bun WG LUNCH-Bosco Cheese Sticks WG FOR PRESCHOOL Savory Carrots w/Marinara Sauce **Blushing Pears** Green Beans Milk Banana Milk **28** BREAKFAST-Juice, Milk **29** BREAKFAST-Juice, Milk **30** BREAKFAST-Juice, Milk **31** BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit French Toast WG & Fruit Confetti Pancakes WG & Fruit Breakfast Pizza WG & Fruit LUNCH-Tangerine Chicken LUNCH-BBQ Rib/Bun WG LUNCH-Chicken Nuggets LUNCH-Deli Turkey/Cheese/Bun WG Rice (Brown) WG Mashed Potatoes/Gravy Green Beans Baked Beans Cooked Carrots Dinner Roll WG Rosy Applesauce Fresh Fruit Fruit Cocktail Milk Milk Mandarin Oranges Milk Milk

NV Schools offer skim white milk or 1% white milk.

Breakfast option offered daily: Cereal, Fruit & Milk.

WG = Whole Grain

This institution is an equal opportunity provider.