

# Nodaway Valley High School

# September 2026

Monday

Tuesday

Wednesday

Thursday

Friday



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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                         | <b>1</b> BREAKFAST-Juice, Milk<br>French Toast* or Breakfast Bites*<br>LUNCH-Breaded Pork Steak*<br>Mashed Potatoes/Gravy<br>Baby Carrots<br>Bug Bites*<br>Fruit Cocktail/Milk            | <b>2</b> BREAKFAST-Juice, Milk<br>Brfst Egg Pizza* or Long John*<br>LUNCH-Bosco Cheese Sticks*<br>w/Marinara Sauce<br>Savory Carrots<br>Fresh Broccoli<br>Rosy Applesauce/Milk        | <b>3</b> BREAKFAST-Juice, Milk<br>Sausage Gravy & Biscuit* or Frudel*<br>LUNCH-Pork Totchos<br>Creamy Cole Slaw/Baby Carrots<br>Fresh Baked Biscuit<br>Fresh Fruit<br>Milk                                       | <b>4</b> BREAKFAST-Juice, Milk<br>Breakfast Sandwich* or UBR*<br>LUNCH-Big Daddy's Buffalo<br>Chicken Pizza*/Green Beans<br>Romaine Lettuce/Dressing<br>Diced Peaches<br>Milk |
| <b>7</b><br><br>NO SCHOOL<br><br>LABOR DAY                                                                                                                                                                               | <b>8</b> BREAKFAST-Juice, Milk<br>French Toast* or Breakfast Bites*<br>LUNCH-Tangerine Chicken*<br>Rice (Brown)*/Cooked Carrots<br>Fresh Cauliflower<br>BB Sandwich*<br>Apple Slices/Milk | <b>9</b> BREAKFAST-Juice, Milk<br>Brfst Egg Pizza* or Cinnamon Roll*<br>LUNCH-BBQ Rib/Bun*<br>Baked Beans<br>Romaine Lettuce/Dressing<br>Rosy Applesauce<br>Milk                      | <b>10</b> BREAKFAST-Juice, Milk<br>Sausage Gravy & Biscuit* or Frudel*<br>LUNCH-Sloppy Joes/Bun*<br>Potato Starz<br>Cucumber Slices<br>Banana<br>Milk                                                            | <b>11</b> BREAKFAST-Juice, Milk<br>Breakfast Sandwich* or UBR*<br>LUNCH-Crispitos*<br>Green Beans<br>Baby Carrots<br>Warm Cinnamon Apples<br>Milk                             |
| <b>14</b> BREAKFAST-Juice, Milk<br>Breakfast Pizza Bagel* or Long John*<br>LUNCH-Hot Ham & Cheese/Bun*<br>Baked Beans<br>Romaine Lettuce/Dressing<br>Fresh Pear<br>Milk                                                  | <b>15</b> BREAKFAST-Juice, Milk<br>French Toast* or Breakfast Bites*<br>LUNCH-Shrimp Poppers*<br>Broccoli w/Cheese<br>Baby Carrots/Cheese Stick<br>Cinnamon Roll*<br>Fruit Cocktail/Milk  | <b>16</b> BREAKFAST-Juice, Milk<br>Brfst Egg Pizza* or Long John*<br>LUNCH-Cheesy French Bread<br>Pizza* w/Marinara Sauce<br>Savory Carrots<br>Fresh Broccoli<br>Rosy Applesauce/Milk | <b>17</b> BREAKFAST-Juice, Milk<br>Sausage Gravy & Biscuit* or Frudel*<br>LUNCH-Grilled Chicken Bacon<br>Ranch/Bun*<br>Potato Wedges/Cucumber Slices<br>Fresh Fruit<br>Milk                                      | <b>18</b> BREAKFAST-Juice, Milk<br>Breakfast Sandwich* or UBR*<br>LUNCH-Cheese Quesadilla*<br>Mixed Vegetables<br>Romaine Lettuce/Dressing<br>Diced Peaches<br>Milk           |
| <b>21</b><br><br>NO SCHOOL<br><br>TEACHER PD                                                                                                                                                                             | <b>22</b> BREAKFAST-Juice, Milk<br>French Toast* or Breakfast Bites*<br>LUNCH-Baked Potato/Diced Ham<br>Cheese Sauce<br>Steamed Broccoli<br>Dinner Rolls*<br>Mandarin Oranges/Milk        | <b>23</b> BREAKFAST-Juice, Milk<br>Brfst Egg Pizza* or Cinnamon Roll*<br>LUNCH-Chicken Wrap* w/Ranch<br>Savory Carrots<br>Fresh Broccoli<br>Graham Crackers*<br>Rosy Applesauce/Milk  | <b>24</b> BREAKFAST-Juice, Milk<br>Sausage Gravy & Biscuit* or Frudel*<br>LUNCH-Breakfast Bowl<br>(which includes breakfast potatoes,<br>scrambled eggs, gravy, & cheese)<br>Baby Carrots/Biscuit<br>Banana/Milk | <b>25</b> BREAKFAST-Juice, Milk<br>Breakfast Sandwich* or UBR*<br>LUNCH-Walking Taco*<br>Ranchero Beans<br>Cherry Tomatoes<br>Strawberries & Peaches<br>Milk                  |
| <b>28</b> BREAKFAST-Juice, Milk<br>Breakfast Pizza Bagel* or Long John*<br>LUNCH-Hot Dog/Bun*<br>Tater Tots<br>Baked Beans<br>Fruit Slushie<br>Milk                                                                      | <b>29</b> BREAKFAST-Juice, Milk<br>French Toast* or Breakfast Bites*<br>LUNCH-Chicken Alfredo*<br>Green Beans<br>Baby Carrots<br>Garlic Toast*<br>Mandarin Oranges/Milk                   | <b>30</b> BREAKFAST-Juice, Milk<br>Brfst Egg Pizza* or Long John*<br>LUNCH-Pulled Pork/Bun*<br>Creamy Cole Slaw<br>Savory Carrots<br>Rosy Applesauce<br>Milk                          | <b>Menus Subject to Change</b><br><br><b>*Denotes Whole Grain</b>                                                                                                                                                |                                                                                                                                                                               |
| Parents may deposit money to their student's meal account in JMC Parent.<br>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> |                                                                                                                                                                                           |                                                                                                                                                                                       |                                                                                                                                                                                                                  |                                                                                                                                                                               |

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

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.

This institution is an equal opportunity provider.