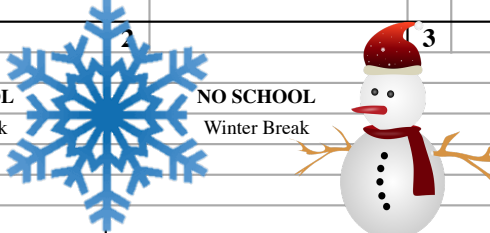


# Nodaway Valley Elementary (K-5th) School January 2024

Monday		Tuesday		Wednesday		Thursday		Friday			
<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>			
<b>NO SCHOOL</b> Winter Break		<b>NO SCHOOL</b> Winter Break		<b>NO SCHOOL</b> Winter Break		BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit		BREAKFAST-Juice, Milk Mini Donuts* & Fruit			
		LUNCH-Macaroni* & Cheese		LUNCH-Chicken Strips*		LUNCH-Chicken Nuggets*		LUNCH-Fiestada*			
		Savory Carrots		Mashed Potatoes/Gravy		Green Beans		Tator Tots		Mixed Vegetables	
		Fresh Cauliflower		Cucumber Slices		Baby Carrots		Cucumber Slices		Baby Carrots	
		BB Sandwich*		Dinner Roll*		Rosy Applesauce		BB Sandwich*		Diced Peaches	
		Blushing Pears/Milk		Mandarin Oranges/Milk		Milk		Rosy Applesauce/Milk		Milk	
<b>8</b>		<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>			
BREAKFAST-Juice, Milk Breakfast Bites* & Fruit		BREAKFAST-Juice, Milk Frudel* & Fruit		BREAKFAST-Juice, Milk Cinnamon Toast Waffles* & Fruit		BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit		BREAKFAST-Juice, Milk Mini Cinni* & Fruit			
LUNCH-Macaroni* & Cheese		LUNCH-Chicken Strips*		LUNCH-Pork Tenderloin*/Bun*		LUNCH-Cheesy French Bread		LUNCH-Walking Taco*			
Savory Carrots		Mashed Potatoes/Gravy		Green Beans		Pizza* w/Marinara Sauce		Refried Beans			
Fresh Cauliflower		Cucumber Slices		Baby Carrots		Romaine Lettuce/Dressing		Baby Carrots			
BB Sandwich*		Dinner Roll*		Rosy Applesauce		Cucumber Slices		Pineapple			
Blushing Pears/Milk		Mandarin Oranges/Milk		Milk		Fresh Fruit/Milk		Milk			
<b>15</b>		<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>			
<b>NO SCHOOL</b>		BREAKFAST-Juice, Milk Dutch Waffle* & Fruit		BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit		BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit		BREAKFAST-Juice, Milk Mini Donuts* & Fruit			
<b>PROFESSIONAL LEARNING DAY</b>		LUNCH-Cowboy Cavatini		LUNCH-Popcorn Chicken*		LUNCH-Blueberry Waffles*		LUNCH-Crispito*			
		Cooked Carrots		Broccoli w/cheese		Egg Omelet		Refried Beans			
		Cucumber Slices		Baby Carrots		Hashbrowns/Baby Carrots		Sliced Cucumbers			
		Dinner Roll*		BB Sandwich*		Banana		BB Sandwich*			
		Mandarin Oranges/Milk		Rosy Applesauce/Milk		Milk		Strawberries & Peaches/Milk			
<b>22</b>		<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>			
BREAKFAST-Juice, Milk Breakfast Bites* & Fruit		BREAKFAST-Juice, Milk Mini Cinni* & Fruit		BREAKFAST-Juice, Milk Cinnamon Toast Waffles* & Fruit		BREAKFAST-Juice, Milk Breakfast Pizza* & Fruit		BREAKFAST-Juice, Milk Frudel* & Fruit			
LUNCH-Tomato Soup/Crackers		LUNCH-Chicken Nuggets*		LUNCH-BBQ Rib/Bun*		LUNCH-Chicken Teriyaki		LUNCH-Pizza*			
Grilled Cheese Sandwich*		Mashed Potatoes/Gravy		Baked Beans		Brown Rice*		Romaine Lettuce/Dressing			
Yogurt/Fresh Broccoli		Cucumber Slices		Baby Carrots		Mixed Vegetables/Fresh Cauliflower		Baby Carrots			
Blushing Pears		Dinner Roll*		Rosy Applesauce		BB Sandwich*		Diced Peaches			
Milk		Mandarin Oranges/Milk		Milk		Fresh Fruit/Milk		Milk			
<b>29</b>		<b>30</b>		<b>31</b>		<b>Menus Subject to Change</b>  <i>*Denotes Whole Grain</i>  <b>Extra Milk is 50 cents</b> <i>(with a sack lunch from home)</i>		<i>Parents may deposit money to their student's meal account in JMC Parent.</i>  <i>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>			
BREAKFAST-Juice, Milk Breakfast Bites* & Fruit		BREAKFAST-Juice, Milk Dutch Waffle* & Fruit		BREAKFAST-Juice, Milk Confetti Pancakes* & Fruit							
LUNCH-Hot Ham & Cheese/Bun*		LUNCH-Scalloped Potatoes & Ham		LUNCH-Hamburger or Cheeseburger							
Green Beans		Romaine Lettuce/Dressing		Bun*/Baked Beans							
Cucumber Slices		Baby Carrots		Cucumber Slices							
Blushing Diced Pears		Dinner Roll*		Rosy Applesauce							
Milk		Mandarin Oranges/Milk		Milk							
<b>NV Schools offer skim white milk, 1% white milk and chocolate skim milk.</b>											
<b>Milk is offered as a part of every meal. Students DO NOT have to take milk if they choose not to.</b>											
<b>HOWEVER, the student must take a MINIMUM of 3 items AND they have to have a fruit or vegetable.</b>											
<b>Breakfast option offered daily: Cereal, Toast, Juice &amp; Milk.</b>											
<b>This institution is an equal opportunity provider.</b>											