

Nodaway Valley Middle School January 2022

Monday

Tuesday

Wednesday

Thursday

Friday

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| 3 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Bosco Cheese Sticks WG w/Marinara Green Beans/Baby Carrots Blushing Pears Milk | 4 BREAKFAST-Juice, Milk Mini Cinnis WG & Fruit LUNCH-Chicken Nuggets Mashed Potatoes/Gravy Cucumber Slices Dinner Roll WG Mandarin Oranges/Milk | 5 BREAKFAST-Juice, Milk Blueberry Waffles WG & Fruit LUNCH-BBQ Chicken/Bun WG Savory Carrots Fresh Cauliflower Rosy Applesauce Milk | 6 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Sloppy Joes/Bun WG Baked Beans Cucumber Slices Fresh Fruit Milk | 7 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit & Fruit LUNCH-Pepperoni Pizza WG Romaine Lettuce/Dressing Baby Carrots Pineapple Milk |
| 10 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Chicken Patty/Bun WG Savory Carrots French Fries Blushing Pears Milk | 11 BREAKFAST-Juice, Milk Cream Cheese Bagel WG & Fruit LUNCH-Cowboy Cavatini Green Beans Baby Carrots Garlic Breadstick Mandarin Oranges/Milk | 12 BREAKFAST-Juice, Milk Dutch Waffles WG & Fruit LUNCH-Cheeseburger/Bun WG Broccoli & Cheese Cucumber Slices Applesauce Cup Milk | 13 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-French Toast WG w/Syrup/Egg Omelet Hash Browns/Baby Carrots Banana Milk | 14 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit & Fruit LUNCH-Fiestada WG Refried Beans Fresh Cauliflower Strawberries & Peaches Milk |
| 17 NO SCHOOL PROFESSIONAL LEARNING DAY | 18 BREAKFAST-Juice, Milk Mini Cinnis WG & Fruit LUNCH-Chicken Drumsticks Mashed Potatoes/Gravy Celery Sticks Dinner Roll WG Mandarin Oranges/Milk | 19 BREAKFAST-Juice, Milk Blueberry Waffles WG & Fruit LUNCH-BBQ Rib/Bun WG Romaine Lettuce/Dressing Potato Wedges Rosy Applesauce Milk | 20 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Grilled Chicken/Bun WG Savory Carrots Fresh Broccoli Fresh Fruit Milk | 21 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit & Fruit LUNCH-Super Nachos WG w/Queso Cheese Refried Beans Cucumber Slices Pineapple/Milk |
| 24 BREAKFAST-Juice, Milk French Toast WG & Fruit LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Mixed Fruit Cup/Milk | 25 BREAKFAST-Juice, Milk Cream Cheese Bagel WG & Fruit LUNCH-Shrimp Shapes String Cheese Broccoli & Cheese Cucumber Slices/Cinn. Roll WG Mandarin Oranges/Milk | 26 BREAKFAST-Juice, Milk Dutch Waffles WG & Fruit LUNCH-Hot Dog/Bun WG Green Beans French Fries Blushing Pears Graham Crackers/Milk | 27 BREAKFAST-Juice, Milk Breakfast Pizza WG & Fruit LUNCH-Popcorn Chicken Baked Beans Fresh Cauliflower BB Sandwich WG Fresh Fruit/Milk | 28 BREAKFAST-Juice, Milk Sausage Gravy & Biscuit & Fruit LUNCH-Hot Ham & Cheese/Bun WG Romaine Lettuce/Dressing Baby Carrots Peaches Milk |
| 31 BREAKFAST-Juice, Milk Breakfast Bites WG & Fruit LUNCH-Macaroni & Cheese WG Savory Carrots Fresh Cauliflower BB Sandwich WG Blushing Pears/Milk | <i>Menus Subject to Change</i> <i>Milk and Juice Served with Breakfast</i> <i>Milk Served with Lunch</i> | <i>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</i> |  | |

NV Schools offers skim, 1% white milk and chocolate skim milk everyday.

Breakfast option offered daily: Cereal, Toast, Fruit, Juice & Milk or 2 pieces of Toast, Juice & Milk.

NV Middle School offers reduced fat ice cream, WG rice krispie bar etc. as ala carte items that can be purchased.

WG= Whole Grain.

This institution is an equal opportunity provider.