

# Nodaway Valley High School      November 2022

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<i>Menus Subject to Change</i>				
<i>Milk and Juice Served with Breakfast</i> <i>Milk Served with Lunch</i>	<b>1</b> BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Baked Potato/Diced Ham Cheese Sauce Steamed Broccoli/Sliced Cucumber Garlic Knot WG Mandarin Oranges/Milk	<b>2</b> BREAKFAST-Juice, Milk Brfst Uncrustable or Long John WG LUNCH-Bosco Cheese Sticks WG w/Marinara Sauce California Mixed Vegetables Baby Carrots Cinnamon Apples/Milk	<b>3</b> BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Meatball Sub WG Savory Carrots Cucumber Slices Fresh Fruit Milk	<b>4</b> BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Walking Taco WG Refried Beans Baby Carrots Strawberry Cup Milk
<b>7</b> BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk	<b>8</b> BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Chicken Strips Mashed Potatoes/Gravy Cucumber Slices Dinner Rolls WG Mandarin Oranges/Milk	<b>9</b> BREAKFAST-Juice, Milk Brfst Uncrustable or Long John WG LUNCH-Chicken Potstickers WG Fried Rice/Stir Fry Vegetables Romaine Lettuce/Dressing BB Sandwich WG/Fortune Cookie Applesauce Cup/Milk	<b>10</b> BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-BBQ Rib/Bun WG Baked Beans Cucumber Slices Fresh Fruit Milk	<b>11</b> BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Fiestada WG Green Beans Baby Carrots Diced Peaches Milk
<b>14</b> BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Chicken Patty/Bun WG Savory Carrots Fresh Broccoli Blushing Pears Milk	<b>15</b> BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Turkey Gravy Mashed Potatoes Celery Sticks Roll WG/Jello Mandarin Oranges/Milk	<b>16</b> BREAKFAST-Juice, Milk Brfst Uncrustable or Long John WG LUNCH-Cheesy French Bread Pizza WG/w Marinara Sauce Green Beans/Cucumber Slices Rosy Applesauce Milk	<b>17</b> BREAKFAST-Juice, Milk Ssg Gravy & Biscuit or Frudel WG LUNCH-Hot Ham&Cheese/Bun WG Baked Beans Baby Carrots Sun Chips WG Banana/Milk	<b>18</b> BREAKFAST-Juice, Milk Breakfast Sandwich or UBR WG LUNCH-Cheese Quesadilla WG Romaine Lettuce/Dressing Corn Strawberries & Peaches Milk
<b>21</b> BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Chili Soup/Crackers Grilled Cheese Sandwich WG Romaine Lettuce/Dressing Fresh Broccoli Fruit Cocktail/Milk	<b>22</b> BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Hot Dog/Bun WG French Fries Cucumber Slices Sun Chips WG Applesauce Cup/Milk	<b>23</b>  <b>NO SCHOOL</b>	<b>24</b> <b>NO SCHOOL</b>  HAPPY THANKSGIVING!  	<b>25</b>  <b>NO SCHOOL</b>
<b>28</b> BREAKFAST-Juice, Milk Breakfast Pizza or Long John WG LUNCH-Fish Nuggets Macaroni & Cheese WG Savory Carrots/Fresh Cauliflower Blushing Pears Milk	<b>29</b> BREAKFAST-Juice, Milk French Toast WG or Breakfast Bites WG LUNCH-Pork Tenderloin Mashed Potatoes/Gravy Celery Sticks Dinner Roll WG Mandarin Oranges/Milk	<b>30</b> BREAKFAST-Juice, Milk Brfst Uncrustable or Long John WG LUNCH-Cheeseburger/Bun WG Broccoli & Cheese Sliced Cucumbers Rosy Applesauce 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 <a href="http://www.nodawayvalley.org">www.nodawayvalley.org</a></i>

*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.*