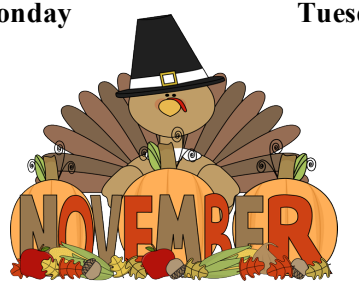
Nodaway Valley Elementary November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		Menus Subject to Change *Milk and Juice Served with Breakfast* *Milk Served with Lunch*	*Parents may deposit money to their student's meal account with PaySchools, a secure online payment system. Click on the PaySchools link on the Nodaway Valley web site at www.nodawayvalley.org*	**1** BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Fiestada WG Refried Beans Baby Carrots Pineapple Milk
4 BREAKFAST-Juice, Milk Breakfast Bites & Fruit LUNCH-Macaroni & Cheese Savory Carrots Fresh Cauliflower BB Sandwich WG Blushing Pears/Milk	**5** BREAKFAST-Juice, Milk Apple or Cherry Frudel & Fruit* LUNCH-Chicken Strips Mashed Potatoes/Gravy Cucumber Slices BB Sandwich WG Mandarin Oranges/Milk	**6** BREAKFAST-Juice, Milk Sausage Gravy & Biscuit & Fruit LUNCH-Wild Mike's Cheese Bites w/Marinara/Baby Carrots Green Beans Rosy Applesauce Milk	**7** BREAKFAST-Juice, Milk Breakfast Pizza & Fruit **NO LUNCH** Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal	**8** **NO SCHOOL**
11 BREAKFAST-Juice, Milk Pancakes & Fruit LUNCH-Pizza Crunchers w/Marinara Sauce Green Beans Baby Carrots Fruit Cocktail/Milk	**12** BREAKFAST-Juice, Milk Mini Cinnis & Fruit* LUNCH-Chicken Drumsticks Mashed Potatoes Celery Sticks Dinner Roll WG Mandarin Oranges/Milk	**13** BREAKFAST-Juice, Milk Sausage Gravy & Biscuit & Fruit LUNCH-BBQ Rib/Bun WG Baked Beans Fresh Broccoli Rosy Applesauce Milk	**14** BREAKFAST-Juice, Milk Breakfast Pizza & Fruit LUNCH-Chicken Teriyaki Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fresh Fruit/Milk	**15** BREAKFAST-Juice, Milk Blueberry Bash Waffles & Fruit LUNCH-Pepperoni Pizza WG Romaine Lettuce/Dressing Baby Carrots Peaches Milk
18 BREAKFAST-Juice, Milk Breakfast Bites & Fruit LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk	**19** BREAKFAST-Juice, Milk Apple or Cherry Frudel & Fruit* LUNCH-Turkey Gravy Mashed Potatoes Celery Sticks Roll WG/Jello Mandarin Oranges/Milk	**20** BREAKFAST-Juice, Milk Sausage Gravy & Biscuit & Fruit LUNCH-Cheesy French Bread Pizza/w Marinara Sauce Green Beans/Cucumber Slices Rosy Applesauce Milk	**21** BREAKFAST-Juice, Milk Breakfast Pizza & Fruit LUNCH-Sausage Gravy/Biscuit Egg Omelet Fresh Veggies Banana Milk	**22** BREAKFAST-Juice, Milk Mini WG Donuts & Fruit LUNCH-Super Nachos w/Lettuce & Queso Refried Beans Baby Carrots Peaches/Milk
25 BREAKFAST-Juice, Milk Pancakes & Fruit LUNCH-Grilled Chicken/Bun WG Tater Tots Baby Carrots Rosy Applesauce Milk	**26** BREAKFAST-Juice, Milk Warm Cinnamon Toast Bar & Fruit* LUNCH-Hot Dog/Bun Green Beans Fresh Broccoli Mandarin Oranges Milk	**27** **NO SCHOOL**	**28** **HAPPY THANKSGIVING!**	**29** **NO SCHOOL**

Nutritional Analysis

Average Nutrients Per Week

Calories	590
% of Fat Calories	22.62%
% of Sat. Fat Calories	7.93%
Carbohydrates	86.89 g
Sodium	1227 mg
Iron	2.90 mg
Cholesterol	50 mg
Calories	607
% of Fat Calories	26.91%
% of Sat. Fat Calories	9.90%
Carbohydrates	87.13 g
Sodium	1211 mg
Iron	2.67 mg
Cholesterol	37 mg
Calories	585
% of Fat Calories	24.86%
% of Sat. Fat Calories	8.11%
Carbohydrates	82.64 g
Sodium	1137 mg
Iron	2.83 mg
Cholesterol	47 mg
Calories	620
% of Fat Calories	26.91%
% of Sat. Fat Calories	8.59%
Carbohydrates	85.54 g
Sodium	962 mg
Iron	3.06 mg
Cholesterol	89 mg
Calories	554
% of Fat Calories	25.54%
% of Sat. Fat Calories	7.47%
Carbohydrates	81.51 g
Sodium	1226 mg
Iron	2.68 mg
Cholesterol	54 mg

NV Schools offer skim, 1%, chocolate skim and strawberry skim milk every day.
Breakfast option offered daily: Cereal, Toast, Fruit, Juice & Milk.
**Every Tuesday preschool students only will have an Ultimate Breakfast Round & Fruit.*
WG = Whole Grain
This institution is an equal opportunity provider.