

Nodaway Valley High School August 2019

Monday

Tuesday

Wednesday

Thursday

Friday

Nutritional Analysis

Average Nutrients Per Week

			1	2	
<div>The Free and Reduced Meals Application is available online or at any office. Ask for information by calling the Superintendent's Office at 641-743-6127 or e-mail jstender@nodawayvalley.org. All information is strictly confidential.</div>					
5	6	7	8	9	<div>Menus Subject to Change</div> <div>Milk and Juice Served with Breakfast</div> <div>Milk Served with Lunch</div>
12	13	14	15	16	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
19	20	21	22	23	<div>Calories794</div> <div>% of Fat Calories32.46%</div> <div>% of Sat. Fat Calories8.08%</div> <div>Carbohydrates109.84 g</div> <div>Sodium1414 mg</div> <div>Iron4.51 mg</div> <div>Cholesterol51 mg</div>
26	27	28	29	30	<div>Calories751</div> <div>% of Fat Calories26.53%</div> <div>% of Sat. Fat Calories7.05%</div> <div>Carbohydrates113.80 g</div> <div>Sodium1420 mg</div> <div>Iron3.08 mg</div> <div>Cholesterol44 mg</div>

NV Schools offer skim, 1%, chocolate skim and strawberry skim milk every day.

Breakfast option offered daily: Cereal, Graham Crackers, Fruit, Juice & Milk.

Fresh and/or canned fruit will be available at breakfast.

Assortment of fruits and vegetables are offered daily at lunch.

WG = Whole grain.

This institution is an equal opportunity provider.