## **Nodaway Valley High School**

## August 2019

**Tuesday** Wednesday **Thursday** Monday **Friday** Average Nutrients Per Week 1 2 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. 5 6 8 Menus Subject to Change Milk and Juice Served with Breakfast Milk Served with Lunch 12 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 22 23 BREAKFAST-Juice, Milk Calories 794 Breakfast Sandwich or UBR % of Fat Calories 32.46% WELCOME BACK NIGHT! LUNCH-BBQ Rib/Bun WG % of Sat. Fat Calories 8.08% Tater Tots Carbohydrates 109.84 g Fresh Broccoli Sodium 1414 mg Applesauce Cup Iron 4.51 mg Graham Crackers/Milk Cholesterol 51 mg 26 BREAKFAST-Juice, Milk 27 BREAKFAST-Juice, Milk 28 BREAKFAST-Juice, Milk 29 BREAKFAST-Juice, Milk **30** BREAKFAST-Juice, Milk Calories 751 Breakfast Pizza or Long John Pancakes or Bfkst Breadstick Dutch Waffle or Long John Sausage Gravy&Biscuit or Frudel Breakfast Sandwich or UBR % of Fat Calories 26.53% LUNCH-Hot Dog/Bun WG LUNCH-Fiestada LUNCH-Deli Sandwich WG LUNCH-Chicken Strips WG LUNCH-Cheesy French Bread % of Sat. Fat Calories 7.05% Yogurt Mashed Potatoes/Gravy Baked Beans Pizza/w Marinara Sauce Romaine Lettuce/Dressing Carbohydrates 113.80 g Savory Carrots/Cherry Tomatoes Fresh Broccoli Cucumber Slices Green Beans/Cucumber Slices Corn/Baby Carrots Sodium 1420 mg Blushing Pears BB Sandwich WG Sun Chips Banana

Fruit Slushie/Milk

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

Mandarin Oranges/Milk

Applesauce Cup/Milk

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.

Milk

This institution is an equal opportunity provider.

**Nutritional Analysis** 

Strawberries & Peaches Iron 3.08 mg

Cholesterol

44 mg

SF Chocolate Pudding/Milk