

Nodaway Valley High School November 2019

Monday

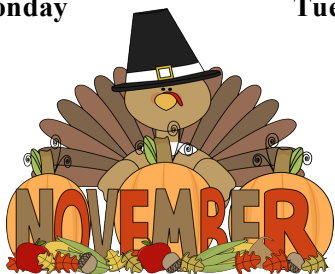
Tuesday

Wednesday

Thursday

Friday

Nutritional Analysis
Average Nutrients Per Week



		Menus Subject to Change	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		
		Milk and Juice Served with Breakfast		1 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR LUNCH-Fiestada Refried Beans Baby Carrots Pineapple SF Chocolate Pudding/Milk	Calories 755 % of Fat Calories 21.19% % of Sat. Fat Calories 6.73% Carbohydrates 115.29 g Sodium 1420 mg Iron 3.72 mg Cholesterol 64 mg
4 BREAKFAST-Juice, Milk Breakfast Pizza or Long John LUNCH-Fish Nuggets Macaroni & Cheese WG Savory Carrots/Fresh Cauliflower Blushing Pears Milk	5 BREAKFAST-Juice, Milk Pancakes or Ssg./Pancake Stick LUNCH-Chicken Strips WG Mashed Potatoes/Country Gravy Cucumber Slices BB Sandwich WG Mandarin Oranges/Milk	6 BREAKFAST-Juice, Milk Bfkt Burrito or Long John LUNCH-Wild Mike's Cheese Bites Marinara Sauce/Baby Carrots Green Beans/Tater Tots Fruit Slushie Rosy Applesauce/Milk	7 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit or Frudel NO LUNCH Parent-Teacher Conferences 1:00-9:00 Four-Hour Early Dismissal	8 NO SCHOOL	Calories 753 % of Fat Calories 26.77% % of Sat. Fat Calories 7.15% Carbohydrates 114.78 g Sodium 1399 mg Iron 2.73 mg Cholesterol 47 mg
11 BREAKFAST-Juice, Milk Breakfast Pizza or Long John LUNCH-Chicken Quesadilla WG Green Beans Cucumber Slices Fruit Cocktail Graham Crackers/Milk	12 BREAKFAST-Juice, Milk Pancakes or Ssg./Pancake Stick LUNCH-Chicken Drumstick Mashed Potatoes/Country Gravy Celery Sticks Roll WG Mandarin Oranges/Milk	13 BREAKFAST-Juice, Milk Bfkt Burrito or Long John LUNCH-BBQ Rib/Bun WG Tater Tots/Baked Beans Fresh Broccoli Rosy Applesauce Milk	14 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit or Frudel LUNCH-Terikyaki Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Fruit Cocktail/Milk	15 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR LUNCH-Pepperoni Pizza WG Romaine Lettuce/Dressing Baby Carrots Peaches Fruit Slushie/Milk	Calories 750 % of Fat Calories 23.09% % of Sat. Fat Calories 6.18% Carbohydrates 116.84 g Sodium 1398 mg Iron 3.35 mg Cholesterol 50 mg
18 BREAKFAST-Juice, Milk Breakfast Pizza or Long John LUNCH-Tangerine Chicken Rice (Brown)/Cooked Carrots Fresh Cauliflower BB Sandwich WG Blushing Pears/Milk	19 BREAKFAST-Juice, Milk Pancakes or Ssg./Pancake Stick LUNCH-Turkey Gravy Mashed Potatoes/Stuffing Celery Sticks/Cranberry Sauce Roll WG/Jello Mandarin Oranges/Milk	20 BREAKFAST-Juice, Milk Bfkt Burrito or Long John LUNCH-Cheesy French Bread Pizza/w Marinara Sauce Green Beans/Cucumber Slices Rosy Applesauce Fruit Slushie/Milk	21 BREAKFAST-Juice, Milk Sausage Gravy&Biscuit or Frudel LUNCH-Sausage Gravy/Biscuit Egg Omelet/Sausage Links Fresh Veggies Banana Orange Juice/Milk	22 BREAKFAST-Juice, Milk Breakfast Sandwich or UBR LUNCH-Super Nachos w/Lettuce & Queso Refried Beans Baby Carrots/BB Sandwich Pineapple/Milk	Calories 801 % of Fat Calories 30% % of Sat. Fat Calories 9% Carbohydrates 110.78 g Sodium 1169 mg Iron 3.92 mg Cholesterol 102 mg
25 BREAKFAST-Juice, Milk Breakfast Pizza or Long John LUNCH-Grilled Chicken/Bun WG Tater Tots/Corn Cherry Tomatoes Rosy Applesauce Milk	26 BREAKFAST-Juice, Milk Pancakes or Ssg./Pancake Stick LUNCH-Chili/Bread Bowl Crackers/Fresh Broccoli Romaine Lettuce/Dressing Rosy Applesauce Fruit Slushie/Milk	27 NO SCHOOL	28 HAPPY THANKSGIVING! 	29 NO SCHOOL	Calories 753 % of Fat Calories 20.74% % of Sat. Fat Calories 5.12% Carbohydrates 121.16 g Sodium 1323 mg Iron 5.28 mg Cholesterol 72 mg

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.