

# Nemo Vista Schools

## **August 17**<sup>th</sup> – 21<sup>st</sup>

#### BREAKFAST is served with 100% Fruit Juice, fruit, Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sausage	Whole Grain	Whole Grain	Sausage Gravy	Whole Grain
With	Turkey Sausage	French Toast Sticks	With	Chocolate Muffin
Whole Grain Biscuit	Breakfast Pizza	Or	Whole Grain Biscuit	Or
Or	Or	Whole Grain Cereal	Or	Whole Grain Cereal
Whole Grain Cereal	Whole Grain Cereal	Graham Crackers	Whole Grain Cereal	Graham Crackers
Graham Crackers	Graham Crackers		Graham Crackers	

### LUNCH is served with fruit and Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Patty/WG Bun	Taco Salad	Pepperoni Pizza	Chicken Nuggets	Hamburger on WG Bun
Lettuce/Pickles	Lettuce/Tomatoes	Tossed Salad/Ranch	Creamed Potatoes	Lettuce/Pickle/Tomato
Tomato Slice	Pinto Beans	Seasoned Corn	Seasoned Green Beans	Baked Beans
Oven Fries	Fresh Salsa	Apple Wedges	Whole Wheat Roll	Baby Carrots-w-Ranch
Fresh Grapes	Pineapple Tidbits		Diced Peaches	Baked Chips
	Timouppie Tidotts		211001000	Fresh Banana

Menu subject to change due to availability

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# Nemo Vista Schools

## $August \ 24^{th}-28^{th}$

#### BREAKFAST is served with 100% Fruit Juice, Fruit, Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sausage	Whole Grain	Whole Grain	Yogurt Peach Parfait	Whole Grain
With	Turkey Sausage	French Toast Sticks	With	Chocolate Muffin
Whole Grain Biscuit	Breakfast Pizza	Or	Granola	Or
Or	Or	Whole Grain Cereal	Or	Whole Grain Cereal
Whole Grain Cereal	Whole Grain Cereal	Graham Crackers	Whole Grain Cereal	Graham Crackers
Graham Crackers	Graham Crackers		Graham Crackers	

### LUNCH is served with Fruit and Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Breast/WG Bun	Fajita Salad	Sausage Pizza	Chicken Fried Chicken	Cheeseburger/WG Bun
Lettuce/Pickles	Shredded Lettuce	Tossed Salad/Ranch	Gravy	Lettuce/Pickles
Tomato Slice	Diced Tomatoes	Seasoned Corn	Creamed Potatoes	Tomato Slice
Oven Fries	Seasoned Pinto Beans	Fresh Grapes	Seasoned Green Beans	Baked Beans
Orange Smiles	Fresh Salsa		Whole Wheat Roll	Baby Carrots-w-Ranch
	Fruit Cocktail		Sliced Pears	Baked Chips
	Truit Cocktain			Fresh Banana

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# Nemo Vista Schools

# August 31<sup>st</sup> - September 4<sup>th</sup>

### BREAKFAST is served with 100% Fruit Juice, Fruit, Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sausage	Whole Grain	Whole Grain	Yogurt Berry Parfait	Whole Grain
Whole Grain Biscuit	Turkey Sausage	French Toast Sticks	Or	Chocolate Muffin
Or	Breakfast Pizza	Or	Whole Grain Cereal	Or
Whole Grain Cereal	Or	Whole Grain Cereal	Graham Crackers	Whole Grain Cereal
Graham Crackers	Whole Grain Cereal	Graham Crackers		Graham Crackers
	Graham Crackers			

## LUNCH is served with Fruit and Skim or 1% Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
Chili Dog on WW Bun	Nacho Supreme	Mozzarella Cheese	Chicken Strips	Hamburger/WG Bun
Baby Carrots-w-Ranch	Shredded Lettuce	Sticks	Creamed Potatoes	Lettuce/Pickles
Oven Fries	Diced Tomatoes	Marinara Sauce	Seasoned Green Beans	Tomato Slice
Fresh Grapes	Pinto Beans	Tossed Salad/Ranch	Whole Wheat Roll	Baked Beans
	Fresh Salsa	Seasoned Corn	Diced Peaches	Baked Chips
	Apple Wedges	Pineapple Tidbits		Watermelon

Menu subject to change due to availability

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