



# Nemo Vista Schools

October 3<sup>rd</sup> -7<sup>th</sup>

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

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sausage & Biscuit Or Cereal Graham Crackers	Breakfast Pizza Or Cereal Graham Crackers	Sausage Roll Or Cereal Graham Crackers	Biscuit & Gravy Or Cereal Graham Crackers	French Toast Sticks Baked Ham Or Cereal Graham Crackers

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

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets Creamed Potatoes Seasoned Green Beans Roll	Cheeseburger Lettuce/Pickles Tomato Slice Baked Beans French Fries	Pepperoni Pizza Tossed Salad/Ranch Seasoned Corn	Chicken Fajita's Shredded Lettuce Diced Tomatoes Pinto Beans Fresh Salsa	Vegetable Beef Soup Cheese Wedge Carrot Sticks/Ranch Crackers

**All grains are whole grain rich.**

**Menu is subject to change due to availability**

**“NEMO VISTA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER”**



# Nemo Vista Schools

October 10<sup>th</sup> – 14<sup>th</sup>

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

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sausage & Biscuit Or Cereal Graham Crackers	Scrambled Eggs Toast Or Cereal Graham Crackers	Breakfast Pizza Or Cereal Graham Crackers	Pancakes/syrup Baked Ham Or Cereal Graham Crackers	Sausage Rolls Or Cereal Graham Crackers

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

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Strips Creamed Potatoes Seasoned Green Beans Roll	Hamburger Lettuce/Pickles Tomato Slice French Fries	Spaghetti/Meat Sauce Tossed Salad/Ranch Seasoned Corn	Supreme Nacho's Shredded Lettuce Diced Tomatoes Refried Beans Fresh Salsa	Chili Cheese Wedge Pinto Beans Crackers

All grains are whole grain rich.

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# Nemo Vista Schools

## October 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 & Biscuit Or Cereal Graham Crackers	Waffles Baked Ham Or Cereal Graham Crackers	Breakfast Pizza Or Cereal Graham Crackers	Sausage Gravy Biscuit Or Cereal Graham Crackers	Sausage Roll Or Cereal Graham Crackers

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

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fried Chicken Gravy Creamed Potatoes Seasoned Green Beans Roll	Hot Dog Chili/Mustard Baked Beans French Fries	Frito Chili Pie Pinto Beans Carrot Sticks/Ranch	Taco Salad Shredded Lettuce Diced Tomatoes Refried Beans Fresh Salsa	Chicken Noodle Soup Cheese Wedge Seasoned Corn Tossed Salad/Ranch Crackers

All grains are whole grain rich.

Menu is subject to change due to availability

“NEMO VISTA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER”



# Nemo Vista Schools

October 24<sup>th</sup> -28<sup>th</sup>

**BREAKFAST is served with 100% Fruit Juice, Fruit, skim or 1% Milk**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Turkey Sausage & Biscuit Or Cereal Graham Crackers	Scrambled Eggs Toast Or Cereal Graham Crackers	Breakfast Pizza Or Cereal Graham Crackers	French Toast Sticks Baked Ham Or Cereal Graham Crackers	Sausage Roll Or Cereal Graham Crackers

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Oven Roasted Chicken Creamed Potatoes Seasoned Green Beans Whole Wheat Roll	Cheeseburger Lettuce/Pickles Tomato Slice Baked Beans French Fries	Pepperoni Pizza Tossed Salad/Ranch Seasoned Corn	Nacho Supreme Shredded Lettuce Diced Tomatoes Pinto Beans Fresh Salsa	Vegetable Beef Soup Cheese Stick Carrot Sticks/Ranch Crackers

Menu is subject to change due to availability

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