



Nemo Vista Schools

October 2nd – 6th

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| Sausage & Biscuit Or Cereal Graham Crackers | Scrambled Eggs Toast Or Cereal Toast | 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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| Chicken Fajita's Shredded Lettuce Diced Tomatoes Pinto Beans Fresh Salsa Fresh Fruit | Mozzarella Sticks Marinara Sauce Tossed Salad/Ranch Seasoned Corn Fresh Fruit | Hamburger Lettuce/Pickles Tomato Slice Baked Beans French Fries Fresh Fruit | Roast-w-Gravy Creamed Potatoes Seasoned Green Beans Roll Fruit | Vegetable Beef Soup Cheese Wedge Carrot Sticks/Ranch Crackers Fruit |

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 9th – 13th

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| Sausage & Biscuit Or Cereal Graham Crackers | Breakfast Bar Toast Or Cereal Toast | Breakfast Pizza Or Cereal Graham Crackers | Pancakes/syrup Baked Ham Or Cereal Graham Crackers | Sausage Gravy Biscuit 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 Fruit | Spaghetti/Meat Sauce Tossed Salad/Ranch Purple Hull Peas Bread Stick Fruit | Cheeseburger Lettuce/Pickles Tomato Slice French Fries Baked Beans Fresh Fruit | Taco Salad Shredded Lettuce Diced Tomatoes Pinto Beans Fresh Salsa Fresh Fruit | Chicken Noodle Soup Cheese Wedge Corn Carrot Sticks/Ranch Crackers Fresh Fruit |

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 16th – 20th

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| Sausage & Biscuit Or Cereal Graham Crackers | Scrambled Eggs Toast Or Cereal Toast | Breakfast Pizza Or Cereal Graham Crackers | Waffles Baked Ham 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 Strips Creamed Potatoes Seasoned Green Beans Roll Fruit | Elem-Corn Dog MS & HS-Burrito Cheese Sauce Salad/Ranch Purple Hull Peas Fresh Fruit | Chicken Sandwich Lettuce/Pickles Tomato Slice Baked Beans French Fries Fresh Fruit | Nacho Supreme Shredded Lettuce Diced Tomatoes Refried Beans Fresh Salsa Fruit | Chili Cheese Wedge Pinto Beans Crackers Fruit |

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 23rd – 27th

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| Sausage & Biscuit Or Cereal Graham Crackers | Breakfast Bar Toast Or Cereal Toast | Breakfast Pizza Or Cereal Graham Crackers | French Toast Sticks Baked Ham Or Cereal Graham Crackers | Chicken & Biscuit 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 Fruit | Pepperoni Pizza Salad-w-Ranch Seasoned Corn Fresh Fruit | Hamburger Lettuce/Pickles/Tomato Baked Beans French Fries Fresh Fruit | Chicken Fajita Salad Shredded Lettuce Diced Tomatoes Pinto Beans Fresh Salsa Fruit | Vegetable Beef Soup Cheese Stick Carrot Sticks/Ranch Crackers Cinnamon Roll Fruit |

Menu is subject to change due to availability

“NEMO VISTA IS AN EQUAL OPPORRTUNITY EMPLOYER AND PROVIDER”



Nemo Vista Schools

October 30th –November 3rd

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| Sausage & Biscuit Or Cereal Graham Crackers | Breakfast Bar Toast Or Cereal Toast | Breakfast Pizza Or Cereal Graham Crackers | Pancake/syrup Baked Ham Or Graham Crackers | Sausage Gravy Biscuit Or Graham Crackers |

LUNCH is served with Fruit and Skim or 1% Milk

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| Chicken Fried Chicken Gravy Creamed Potatoes English Peas Roll Fruit | Mozzarella Sticks Marinara Sauce Salad-w-Ranch Green Beans Fresh Fruit | Cheeseburger Lettuce/Pickles Tomato Slice Baked Beans French Fries Fresh Fruit | Taco Salad Shredded Lettuce Diced Tomatoes Pinto Beans Salsa Fruit | Chicken Noodle Soup Cheese Wedge Corn Carrots-w-Ranch Crackers Fruit |

All Grains are whole grain rich.

Menu is subject to change due to availability.

“NEMO VISTA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER”