



# REDHAWKS DINER

NEMO VISTA SCHOOLS

JANUARY 14<sup>TH</sup> – 18<sup>TH</sup>



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>#1</b> Sausage Roll Or <b>#2</b> Cereal Graham Crackers	<b>#1</b> Breakfast bar Toast Or <b>#2</b> Cereal Graham Crackers	<b>#1</b> Breakfast Pizza Or <b>#2</b> Cereal Graham Crackers	<b>#1</b> Dutch Waffle Baked Ham Or <b>#2</b> Cereal Graham Crackers	<b>#1</b> Chicken biscuit Or <b>#2</b> Cereal Graham Crackers

**Lunch** is served with Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<b>#1</b> Chicken Fried Chicken w gravy Creamy Mashed Potatoes Seasoned Green Beans Whole wheat roll Applesauce	<b>#1</b> Hotdog Purple Hull Peas Carrot sticks w/ Ranch Batter Bites Diced peaches	<b>#1</b> Nacho Supreme Lettuce/Tomatoes Refried beans Fresh Salsa Fresh Fruit	<b>#1</b> Chicken Sandwich Lettuce/Tomato/Pickles/onion Mixed Vegetables French Fries Fresh Fruit	<b>#1</b> Chili with Cheese stick Crackers Pinto Beans Carrots w/ Ranch Fresh Fruit

All entrée salads are offered with fruit.  
 All grains are whole grain rich.  
 Menu is subject to change due to availability.  
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