



# REDHAWKS DINER



**NEMO VISTA SCHOOLS**

**OCTOBER 8<sup>TH</sup> – 12<sup>TH</sup>**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>#1</b> Sausage &amp; Biscuit Or <b>#2</b> Cereal Graham Crackers</p>	<p><b>#1</b> Scrambled eggs Biscuit Or <b>#2</b> Cereal Graham Crackers</p>	<p><b>#1</b> Breakfast Pizza Or <b>#2</b> Cereal Graham Crackers</p>	<p><b>#1</b> French toast sticks Baked ham Or <b>#2</b> Cereal Graham Crackers</p>	<p><b>#1</b> Sausage Rolls Or <b>#2</b> Cereal Graham Crackers</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>#1</b> Chicken Strips Creamed Mash Potatoes Broccoli w/cheese Roll Apple Sauce</p>	<p><b>#1</b> Beef Burrito w/cheese sauce Salad w/ Ranch Purple hull peas Fresh fruit</p>	<p><b>#1</b> Chicken Sandwich Lettuce/Tomatoes/Pickle/Onion Baked Beans French Fries Pineapple tidbits</p>	<p><b>#1</b> Chicken chili Crispito Seasoned Green beans Refried beans Garlic rice Fresh Fruit</p>	<p><b>#1</b> Chili Cheese wedge/Crackers Pinto beans Carrot Sticks w/ranch Diced Pears</p>

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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