



REDHAWKS DINER

NEMO VISTA SCHOOLS

SEPTEMBER 17TH – 21ST



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

Monday	Tuesday	Wednesday	Thursday	Friday
#1 Chicken Biscuit Or #2 Cereal Graham Crackers	#1 Scrambled Eggs Toast Or #2 Cereal Toast	#1 Breakfast Pizza Or #2 Cereal Graham Crackers	#1 French Toast Sticks Baked Ham Or #2 Cereal Graham Crackers	#1 Sausage Gravy Biscuit Or #2 Cereal Graham Crackers

Lunch is served with Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
#1 Chicken Strips Creamy Mashed Potatoes Seasoned Green Beans Whole wheat roll Pineapple tidbits	#1 Hotdog with Chilli #2 Cheese burger Lettuce/Tomato/Pickle Both 1 and 2 served with Potato wedges cheesy broccoli and fresh fruit	#1 Fajita Salad Lettuce/Tomatoes Refried Beans Fresh Salsa Fresh Fruit	#1 Sloppy Joe French Fries Carrots w/ranch Apple Sauce Or #2 Chef Salad w/ranch dressing	#1 Chicken Quesadilla Tossed Salad/Ranch Black Bean & Corn Salsa Diced Peaches

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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