



REDHAWKS DINER

NEMO VISTA SCHOOLS

November 16th-20th



BREAKFAST is served with 1/2 cup Fruit and 100% Fruit Juice with Milk

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast w/Syrup Fruit/Juice Milk	Cereal Bar Graham Crackers Fruit/Juice Milk	Breakfast Pizza Fruit/Juice Milk	Breakfast Burrito Fruit/Juice Milk	Yogurt Parfait Graham Crackers Fruit/Juice Milk

Lunch is served with Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets French Fries Green Beans Roll Fruit	Pizza Pinto Beans Carrots/Ranch Fruit	Cheeseburger Lettuce/Tomato/Pickle Baked Beans Chips Fruit	Burrito w/Cheese Sauce Salad/Ranch Refried Beans Fruit	Turkey Roast w/Gravy Dressing Creamed Potatoes Green Beans Roll Cranberry Sauce

All Grains are whole grain rich

Menu is subject to change due to availability

NEMO VISTA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER