



REDHAWKS DINER



NEMO VISTA SCHOOLS

SEPTEMBER 20TH-24TH

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

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Bagel OR Cereal Graham Crackers	Sausage Roll OR Cereal Graham Crackers	Breakfast Pizza OR Cereal Graham Crackers	Breakfast Bar Toast & Jelly OR Cereal Graham Crackers	Breakfast Burrito OR Cereal Graham Crackers

Lunch is served with Skim or 1% Milk, 1/2-1 cup Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fried Chicken Gravy Creamed Potatoes Green Beans Biscuit	Nacho Supreme Lettuce/Tomato Pinto Beans Salsa	Pulled Pork Sandwich Coleslaw Baked Beans Baked Chips	Pizza Stick Salad/Ranch Corn Fruit	Burrito w/Cheese Broccoli Peas & Carrots Fruit

All Grains are whole grain rich

Menu is subject to change due to availability

NEMO VISTA IS AN EQUAL OPPORTUNITY EMPLOYER