



REDHAWKS DINER

NEMO VISTA SCHOOLS

SEPTEMBER 18TH-22ND



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

Monday	Tuesday	Wednesday	Thursday	Friday
Pancake Stick OR Cereal Graham Crackers	Sausage & Biscuit OR Cereal Graham Crackers	Breakfast Pizza OR Cereal Graham Crackers	Muffin Graham Crackers OR Cereal Graham Crackers	Breakfast Bar Toast & Jelly OR Cereal Graham Crackers

Lunch is served with Skim or 1% Milk, ½-1 cup Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Strips Creamed Potatoes Green Beans Roll	Nacho Supreme Lettuce/Tomato Pinto Beans Salsa <u>MS/HS OPTION #2:</u> Burrito	DOMINO'S DAY!! Pepperoni Pizza Salad w/Ranch Corn <u>MS/HS OPTION #2:</u> Sausage Pizza & Salad Bar	Crispito Carrots w/Ranch Green Peas <u>MS/HS OPTION #2:</u> Cheese Stick	Chicken Spaghetti Cooked Carrots Salad w/Ranch Breadstick <u>MS/HS: SALAD BAR</u>

All Grains are whole grain rich

Menu is subject to change due to availability

NEMO VISTA IS AN EQUAL OPPORTUNITY EMPLOYER