



REDHAWKS DINER

NEMO VISTA SCHOOLS

September 28-Oct. 2



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

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks w/Syrup Fruit/Juice Milk	Cereal Graham Crackers Fruit Juice Milk	Breakfast Pizza Fruit Juice Milk	Muffin Graham Crackers Fruit Juice Milk	Breakfast Bar Toast Fruit Juice Milk

Lunch is served with Skim or 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets Creamed Potatoes Green Beans Roll Fruit	Spaghetti Salad w/Ranch Corn Breadstick Fruit	Chicken Sandwich Lettuce/Tomato/Pickle Baked Beans Chips Fruit	Frito Chili Pie Cheese Pinto Beans Carrots w/Ranch Fruit	Burrito w/Cheese Mixed Veggies Salad w/Ranch Fruit

All Grains are whole grain rich - Menu is subject to change due to availability

NEMO VISTA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER