



REDHAWKS DINER

NEMO VISTA SCHOOLS

SEPTEMBER 26TH-30TH



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

Monday	Tuesday	Wednesday	Thursday	Friday
Waffles w/Syrup Or Cereal Graham Crackers	Honey Bun Or Cereal Graham Crackers	Breakfast Pizza Or Cereal Graham Crackers	Scrambled Eggs Toast Or Cereal Graham Crackers	Chicken & Biscuit Or Cereal Graham Crackers

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

Monday	Tuesday	Wednesday	Thursday	Friday
Popcorn Chicken Creamed Potatoes Green Beans Roll	Chicken Fajita Taco Lettuce/Tomato Pinto Beans Salsa Tortilla <u>MS/HS OPTION #2:</u> Crispito	FARM FRESH Cheeseburger French Fries Baked Beans Lettuce/Tomato/Pickle <u>MS/HS OPTION #2:</u> Chicken Sandwich & Salad Bar	Hot Dog Mac n' Cheese Cooked Carrots Broccoli <u>MS/HS OPTION #2:</u> Hamburger	Frito Chili Pie Corn Chips\Cheese Corn Pinto Beans <u>MS/HS OPTION #2:</u> Salad Bar

All Grains are Whole Grain Rich

Menu is subject to change

NEMO VISTA IS AN EQUAL OPPORTUNITY PROVIDER