

Villa Oasis High School - May 2019




Monday

Tuesday

Wednesday

Thursday

Friday

<p>Breakfast Choice of: Breakfast burrito or Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Donut and or toast w/jelly or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p>Breakfast Choice of: Breakfast burrito or Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Donut and or toast w/jelly or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p>Breakfast Choice of: Breakfast burrito or Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Donut and or toast w/jelly or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p>Breakfast Choice of: Breakfast burrito or Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Donut and or toast w/jelly or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p>Breakfast Choice of: Breakfast burrito or Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Donut and or toast w/jelly or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	
<p>May 3rd Happy Cinco de Mayo</p>		<p>01 Lunch Tacos or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>02 Lunch Spaghetti w/roll or Pizza Broccoli / baby carrots Fruit / Juice / Milk</p>	<p>03 Lunch Chicken Fajitas Rice, corn and beans Fruit / Juice / Milk</p>	<p>Breakfast Menu Nutrient AVG Calories 532 Sodium (mg) 518 Total Fat (g) 8.05 Saturated Fat (g) 1.69 Trans Fat' (g) 0.00</p>
<p>06 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>07 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>08 Lunch Tacos or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>09 Lunch Spaghetti w/roll or Pizza Broccoli / baby carrots Fruit / Juice / Milk</p>	<p>10 Lunch Chicken burger or Cheese burger Potatoes/veggies/salad Fruit / Juice / Milk</p>	<p>Lunch Menu Nutrient AVG Calories 750 Sodium (mg) 1281 Total Fat (g) 19.02 Saturated Fat (g) 4.02 Trans Fat' (g) 0</p>
<p>13 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>14 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>15 Lunch Tacos or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>16 Lunch Spaghetti w/roll or Pizza Broccoli / baby carrots Fruit / Juice / Milk</p>	<p>17 Lunch Chicken burger or Cheese burger Potatoes/veggies/salad Fruit / Juice / Milk</p>	
<p>20 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>21 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>22 Lunch Tacos or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>23 Lunch Chicken Fajitas Rice, corn and beans Fruit / Juice / Milk</p>		
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	

Assorted fruit, juice, fat free chocolate and 1% white milk available for breakfast and lunch / Menu items subject to change due to availability
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