

# Villa Oasis High School December 2020



Monday

Tuesday

Wednesday

Thursday

Friday

<b>Breakfast</b> Pancakes Fruit / Juice / Milk	<b>Breakfast</b> Cinnamon swirl Fruit / Juice / Milk	<b>Breakfast</b> Pancakes Fruit / Juice / Milk	<b>Breakfast</b> Cinnamon swirl Fruit / Juice / Milk	<b>Breakfast</b> Waffles Fruit / Juice / Milk
	<b>01 Lunch</b> Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	<b>02 Lunch</b> Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	<b>03 Lunch</b> Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	<b>04 Lunch</b> Pizza Corn / Broccoli Fruit / Juice / Milk
<b>07</b> Corn dog Carrots / green peas Fruit / Juice / Milk	<b>08 Lunch</b> Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	<b>09 Lunch</b> Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	<b>10 Lunch</b> Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	<b>11 Lunch</b> Hotdog Corn / Broccoli Fruit / Juice / Milk !
<b>14</b> Corn dog Carrots / green peas Fruit / Juice / Milk	<b>15 Lunch</b> Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	<b>16 Lunch</b> Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	<b>17 Lunch</b> Roast turkey with mashed potatoes Mix vegetables / Sugar cookie Strawberries / Juice / Milk	<b>18 Lunch</b> Pizza Corn / Broccoli Fruit / Juice / Milk
21	22	23 ←WINTER BREAK→	24	25
28	29	30 ←WINTER BREAK→	31	
	A healthy diet and exercise are KEY to being fit!	<b>Breakfast Menu Nutrient AVG</b> Calories 408 Sodium (mg) 440 Total Fat (g) 4.65 Saturated Fat (g) 1.55 Trans Fat <sup>1</sup> (g) 0.00	<b>Lunch Menu Nutrient AVG</b> Calories 650 Sodium (mg) 906 Total Fat (g) 14.87 Saturated Fat (g) 4.33 Trans Fat <sup>1</sup> (g) 0.00	

Assorted fruit, juice, fat free chocolate and 1% white milk available for breakfast and lunch / Menu items subject to change due to availability  
This institution is an equal opportunity provider.