

Villa Oasis High School January 2021



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Pancakes Fruit / Juice / Milk	Breakfast Cinnamon swirl Fruit / Juice / Milk	Breakfast Pancakes Fruit / Juice / Milk	Breakfast Cinnamon swirl Fruit / Juice / Milk	Breakfast Waffles Fruit / Juice / Milk
04	05 Lunch Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	06 Lunch Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	07 Lunch Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	08 Lunch Pizza Corn / Broccoli Fruit / Juice / Milk
11 Corn dog Carrots / green peas Fruit / Juice / Milk	12 Lunch Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	13 Lunch Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	14 Lunch Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	15 Lunch Hotdog Corn / Broccoli Fruit / Juice / Milk
18 No School!	19 Lunch Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	20 Lunch Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	21 Lunch Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	22 Lunch Pizza Corn / Broccoli Fruit / Juice / Milk
25 Corn dog Carrots / green peas Fruit / Juice / Milk	26 Lunch Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	27 Lunch Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	28 Lunch Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	29 Lunch Hotdog Corn / Broccoli Fruit / Juice / Milk
	A healthy diet and exercise are KEY to being fit!	Breakfast Menu Nutrient AVG Calories 408 Sodium (mg) 440 Total Fat (g) 4.65 Saturated Fat (g) 1.55 Trans Fat ¹ (g) 0.00	Lunch Menu Nutrient AVG Calories 650 Sodium (mg) 906 Total Fat (g) 14.87 Saturated Fat (g) 4.33 Trans Fat ¹ (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.