

Villa Oasis High School March 2021



Monday

Tuesday

Wednesday

Thursday

Friday

| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
|---|---|--|---|---|
| Pancakes Fruit / Juice / Milk | Cinnamon swirl Fruit / Juice / Milk | Pancakes Fruit / Juice / Milk | Cinnamon swirl Fruit / Juice / Milk | Waffles Fruit / Juice / Milk |
| 01 Corndog Carrots / green peas Fruit / Juice / Milk | 02 Lunch Ranch chicken strips Potatoes / Carrots Fruit / Juice / Milk | 03 Lunch Tacos / rice Beans / Corn / lettuce Fruit / Juice / Milk | 04 Lunch Spaghetti Broccoli / Carrots Fruit / Juice / Milk | 05 Lunch Hotdog Corn / Broccoli Fruit / Juice / Milk |
| 08 BBQ Sandwich Carrots / green peas Fruit / Juice / Milk | 09 Lunch Chicken burger Potatoes / Carrots Fruit / Juice / Milk | 10 Lunch Chicken quesadilla Beans / Corn / lettuce Fruit / Juice / Milk | 11 Lunch Ham and cheese s/w Potatoes / Carrots Fruit / Juice / Milk | 12 Lunch Pizza Corn / Broccoli Fruit / Juice / Milk |
| 15 Corndog Carrots / green peas Fruit / Juice / Milk | 16 Lunch Ranch chicken strips Potatoes / Carrots Fruit / Juice / Milk | 17 Lunch Tacos / rice Beans / Corn / lettuce Fruit / Juice / Milk | 18 Lunch Spaghetti Broccoli / Carrots Fruit / Juice / Milk | 19 Lunch Pizza Corn / Broccoli Fruit / Juice / Milk |
| 22 BBQ Sandwich Carrots / green peas Fruit / Juice / Milk | 23 Lunch Chicken burger Potatoes / Carrots Fruit / Juice / Milk | 24 Lunch Chicken quesadilla Beans / Corn / lettuce Fruit / Juice / Milk | 25 Lunch Ham and cheese s/w Potatoes / Carrots Fruit / Juice / Milk | 26 Lunch Hotdog Corn / Broccoli Fruit / Juice / Milk |
| 29 Corndog Carrots / green peas Fruit / Juice / Milk | 30 Lunch Ranch chicken strips Potatoes / Carrots Fruit / Juice / Milk | 31 Lunch Tacos / rice Beans / Corn / lettuce 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.