

# Villa Oasis High School November 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>02</b> Corndog Carrots / green peas Fruit / Juice / Milk	<b>03</b> <b>Lunch</b> Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	<b>04</b> <b>Lunch</b> Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	<b>05</b> <b>Lunch</b> Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	<b>06</b> <b>Lunch</b> Hotdog Corn / Broccoli Fruit / Juice / Milk
<b>09</b> Corndog Carrots / green peas Fruit / Juice / Milk	<b>10</b> <b>Lunch</b> Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	<b>11</b>  No School!	<b>12</b> <b>Lunch</b> Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	<b>13</b> <b>Lunch</b> Hotdog Corn / Broccoli Fruit / Juice / Milk
<b>16</b> Corndog Carrots / green peas Fruit / Juice / Milk	<b>17</b> <b>Lunch</b> Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	<b>18</b> <b>Lunch</b> Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	<b>19</b> <b>Lunch</b> Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	<b>20</b> <b>Lunch</b> Hotdog Corn / Broccoli Fruit / Juice / Milk !
<b>23</b> Corndog Carrots / green peas Fruit / Juice / Milk	<b>24</b> <b>Lunch</b> Roast turkey and mashed potatoes Mix vegetables / Sugar cookie Strawberries / Juice / Milk	<b>25</b> <b>Lunch</b> Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	<b>26</b>  No School!	<b>27</b>  No School!
<b>30</b> Corndog Carrots / green peas Fruit / Juice / Milk		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.