

Villa Oasis High School October 2020



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
			01 Lunch Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	02 Lunch Hotdog Corn / Broccoli Fruit / Juice / Milk
05 Corndog Carrots / green peas Fruit / Juice / Milk	06 Lunch Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	07 Lunch Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	08 Lunch Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	09 Lunch Hotdog Corn / Broccoli Fruit / Juice / Milk
12 Corndog Carrots / green peas Fruit / Juice / Milk	13 Lunch Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	14 Lunch Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	15 Lunch Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	16 Lunch Hotdog Corn / Broccoli Fruit / Juice / Milk !
19 Corndog Carrots / green peas Fruit / Juice / Milk	20 Lunch Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	21 Lunch Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	22 Lunch Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	23 Lunch Hotdog Corn / Broccoli Fruit / Juice / Milk
26 Corndog Carrots / green peas Fruit / Juice / Milk	27 Lunch Ranch chicken strips Broccoli / Carrots Fruit / Juice / Milk	28 Lunch Hamburger Baked Beans / Corn / lettuce Fruit / Juice / Milk	29 Lunch Ham and cheese s/w Green beans / Carrots Fruit / Juice / Milk	30 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 Fat¹ (g) 0.00	Lunch Menu Nutrient AVG Calories 650 Sodium (mg) 906 Total Fat (g) 14.87 Saturated Fat (g) 4.33 Trans Fat¹ (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.