

Villa Oasis High School - August 2019


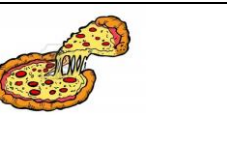

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Breakfast Choice of: Breakfast burrito or Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Donut and or toast w/jelly or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p>Breakfast Choice of: Breakfast burrito or Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Donut and or toast w/jelly or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p>Breakfast Choice of: Breakfast burrito or Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Donut and or toast w/jelly or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p>Breakfast Choice of: Breakfast burrito or Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Donut and or toast w/jelly or Cereal and or toast w/jelly Fruit / Juice / Milk</p>	<p>Breakfast Choice of: Breakfast burrito or Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Donut and or toast w/jelly or Cereal and or toast w/jelly Fruit / Juice / Milk</p>											
<p>05 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>06 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>07 Lunch Beef quesadilla or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>08 Lunch Spaghetti w/roll or Pizza Broccoli / Carrots Fruit / Juice / Milk</p>	<p>09 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	<p>Breakfast Menu Nutrient AVG</p> <table border="1"> <tbody> <tr><td>Calories</td><td>472</td></tr> <tr><td>Sodium (mg)</td><td>447</td></tr> <tr><td>Total Fat (g)</td><td>7.61</td></tr> <tr><td>Saturated Fat (g)</td><td>1.69</td></tr> <tr><td>Trans Fat' (g)</td><td>0.00</td></tr> </tbody> </table>	Calories	472	Sodium (mg)	447	Total Fat (g)	7.61	Saturated Fat (g)	1.69	Trans Fat' (g)	0.00
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Assorted fruit, juice, fat free chocolate and 1% white milk available for breakfast and lunch / Menu items subject to change due to availability
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