

Villa Oasis High School - September 2019


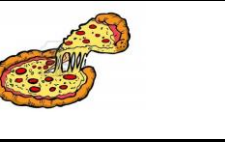

Monday

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>02 No School!</p>	<p>03 Lunch Chicken tenders w/cookie or Comdog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>04 Lunch Beef quesadilla or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>05 Lunch Spaghetti w/roll or Pizza Broccoli / Carrots Fruit / Juice / Milk</p>	<p>06 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	<p>Breakfast Menu Nutrient AVG Calories 472 Sodium (mg) 447 Total Fat (g) 7.61 Saturated Fat (g) 1.69 Trans Fat' (g) 0.00</p>
<p>09 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>10 Lunch Chicken tenders w/cookie or Comdog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>11 Lunch Beef quesadilla or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>12 Lunch Spaghetti w/roll or Pizza Broccoli /Carrots Fruit / Juice / Milk</p>	<p>13 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	<p>Lunch Menu Nutrient AVG Calories 750 Sodium (mg) 1281 Total Fat (g) 19.02 Saturated Fat (g) 4.02 Trans Fat' (g) 0</p>
<p>16 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>17 Lunch Chicken tenders w/cookie or Comdog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>18 Lunch Beef quesadilla or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>19 Lunch Spaghetti w/roll or Pizza Broccoli / Carrots Fruit / Juice / Milk</p>	<p>20 No School!</p>	
<p>23 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>24 Lunch Chicken tenders w/cookie or Comdog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>25 Lunch Beef quesadilla or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>26 Lunch Spaghetti w/roll or Pizza Broccoli / Carrots Fruit / Juice / Milk</p>	<p>27 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	
<p>30 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>					

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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