## Villa Oasis High School - May

**Tuesday** Wednesday **Thursday Friday** Monday **Breakfast Breakfast Breakfast** Breakfast **Breakfast** Choice of: Choice of: Choice of: Choice of: Choice of: Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and ielly s/w or Cereal and or cheese stick Fruit / Juice / Milk 03 Breakfast Menu Nutrient 02 Lunch Lunch 04 Lunch 05 Lunch 06 Lunch AVG Chicken burger or Chicken tenders w/cookie or Hotdog or Hotdog or Calories 458 Ham and cheese s/w Corndog Cheeseburger Tacos Cheeseburger Sodium (ma) 427 Baked beans / Potatoes Potatoes / Veggies Potatoes/veggies Beans / Corn Potatoes/veggies Total Fat (g) 6.28 Fruit / Juice / Milk Saturated Fat (g) 2.65 Trans Fat1 (g) 0.00 11 Lunch Menu Nutrient AVG 09 10 12 13 Lunch Lunch Lunch Lunch Lunch Chicken burger or Spaghetti, roll or Calories 767 Chicken tenders w/cookie or Tacos or Hotdog or Sodium (mg) 1060 Ham and cheese s/w Corndog Chicken quesadilla Pizza Cheeseburger Total Fat (q) 21.68 Baked beans / Potatoes Potatoes / Veggies Beans / Corn Broccoli /Carrots Potatoes/veggies Saturated Fat (g) 6.19 Fruit / Juice / Milk Trans Fat1 (a) 16 Lunch 17 Lunch 18 Lunch 19 Lunch 20 Lunch Chicken burger or Chicken tenders w/cookie or Spaghetti, roll or Hotdog or Tacos or Ham and cheese s/w Corndog Chicken quesadilla Pizza Cheeseburger Potatoes / Veggies Baked beans / Potatoes Beans / Corn Broccoli / Carrots Potatoes/veggies Fruit / Juice / Milk 23 Lunch 24 Lunch 25 Lunch 26 Lunch Chicken burger or Chicken tenders w/cookie or Tacos or Spaghetti, roll or Ham and cheese s/w Chicken quesadilla Corndog Pizza Potatoes / Veggies Broccoli / Carrots Baked beans / Potatoes Beans / Corn Fruit / Juice / Milk Happy Cinco de Mayo

Assorted fruit, juice, fat free chocolate and 1% white milk available for breakfast and lunch / Menu items subject to change due to availability. USDA is an equal opportunity provider.