

Villa Oasis High School - November 2024







Monday

Tuesday

Wednesday

Thursday

Friday

<p>Breakfast Choice of: Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast Choice of: Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast Choice of: Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast Choice of: Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk</p>	<p>Breakfast Choice of: Bagel w/ cream cheese or Muffin, banana nut or Cinnamon swirl or Peanut butter and jelly s/w or Cereal and or cheese stick Fruit / Juice / Milk</p>	
				<p>01 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	<p>Breakfast Nutrient AVG Calories 481 Sodium (mg) 444 Total Fat (g) 6.28 Saturated Fat (g) 2.65 Trans Fat' (g) 0.00</p>
<p>04 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>05 Lunch Chicken tenders w/cookie or Comdog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>06 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>07 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk</p>	<p>08 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	<p>Lunch Nutrient AVG Calories 771 Sodium (mg) 1,145 Total Fat (g) 19.33 Saturated Fat (g) 5.14 Trans Fat' (g) 0.00</p>
<p>11 Veterans' day!</p>	<p>12 Lunch Chicken tenders w/cookie or Comdog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>13 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>14 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk</p>	<p>15 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	
<p>18 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>19 Lunch Chicken tenders w/cookie or Comdog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>20 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>21 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk</p>	<p>22 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	
<p>25 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>26 Lunch Roasted turkey-mashed potatoes w. gravy Mixed veg. / sugar cookie Fruit / Juice / Milk</p>	<p>27 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>28 No School!</p>	<p>29 No School!</p>	

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.