

Villa Oasis High School - September 2026

Monday

Tuesday

Wednesday

Thursday

Friday

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	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	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	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	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	
	01 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk	02 Lunch Tacos, rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	03 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	04 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk	Breakfast Menu Nutrient AVG Calories 480 Sodium (mg) 444 Total Fat (g) 6.28 Saturated Fat (g) 2.65 Trans Fat' (g) 0.00
07 No School!	08 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk	09 Lunch Tacos or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	10 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	11 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk	Lunch Menu Nutrient AVG Calories 782 Sodium (mg) 1,124 Total Fat (g) 19.68 Saturated Fat (g) 5.05 Trans Fat' (g) 0
14 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	15 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk	16 Lunch Tacos or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	17 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	18 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk	
21 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	22 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk	23 Lunch Tacos or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	24 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	25 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk	
28 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	29 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk	30 Lunch Tacos or Chicken quesadilla Beans / Corn Fruit / Juice / Milk			

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.