

Villa Oasis High School - December 2022







Monday

Tuesday

Wednesday

Thursday

Friday

<p>Breakfast Choice of:</p> <p>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:</p> <p>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:</p> <p>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:</p> <p>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:</p> <p>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</p> <p>Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p>02 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>	<p>Breakfast Nutrient AVG</p> <p>Calories 458 Sodium (mg) 427 Total Fat (g) 6.28 Saturated Fat (g) 2.65 Trans Fat¹ (g) 0.00</p>
<p>05 Lunch</p> <p>Cheeseburger Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>06 Lunch</p> <p>Chicken tenders w/cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p>07 Lunch</p> <p>Chicken burrito Beans / Corn Fruit / Juice / Milk</p>	<p>08 Lunch</p> <p>Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p>09 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>	<p>Lunch Nutrient AVG</p> <p>Calories 767 Sodium (mg) 1060 Total Fat (g) 21.68 Saturated Fat (g) 6.19 Trans Fat¹ (g) 0</p>
<p>12 Lunch</p> <p>Cheeseburger Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>13 Lunch</p> <p>Chicken tenders w/cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p>14 Lunch</p> <p>Chicken burrito Beans / Corn Fruit / Juice / Milk</p>	<p>15 Lunch</p> <p>Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p>16 Lunch</p> <p>Pizza Veggies Fruit / Juice / Milk</p>	
<p>19 Lunch</p> <p>Cheeseburger Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>20 Lunch</p> <p>Chicken tenders w/cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p>21 Lunch</p> <p>Chicken burrito Beans / Corn Fruit / Juice / Milk</p>	<p>22</p> <p>No School!</p>	<p>23</p> <p>No School!</p>	
<p>26</p>	<p>27</p>	<p>28</p> <p>←Winter break→</p>	<p>29</p>	<p>30</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.