

# Villa Oasis High School - October 2022


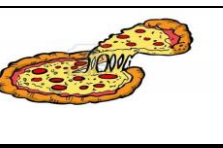


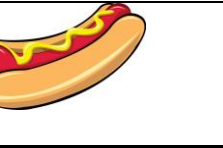
**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>Breakfast</b> Choice of:  Bagel w/ cream cheese <b>or</b> Muffin, banana nut <b>or</b> Cinnamon swirl <b>or</b> Peanut butter and jelly s/w <b>or</b> Cereal <b>and or</b> cheese stick Fruit / Juice / Milk</p>	<p><b>Breakfast</b> Choice of:  Bagel w/ cream cheese <b>or</b> Muffin, banana nut <b>or</b> Cinnamon swirl <b>or</b> Peanut butter and jelly s/w <b>or</b> Cereal <b>and or</b> cheese stick Fruit / Juice / Milk</p>	<p><b>Breakfast</b> Choice of:  Bagel w/ cream cheese <b>or</b> Muffin, banana nut <b>or</b> Cinnamon swirl <b>or</b> Peanut butter and jelly s/w <b>or</b> Cereal <b>and or</b> cheese stick Fruit / Juice / Milk</p>	<p><b>Breakfast</b> Choice of:  Bagel w/ cream cheese <b>or</b> Muffin, banana nut <b>or</b> Cinnamon swirl <b>or</b> Peanut butter and jelly s/w <b>or</b> Cereal <b>and or</b> cheese stick Fruit / Juice / Milk</p>	<p><b>Breakfast</b> Choice of:  Bagel w/ cream cheese <b>or</b> Muffin, banana nut <b>or</b> Cinnamon swirl <b>or</b> Peanut butter and jelly s/w <b>or</b> Cereal <b>and or</b> cheese stick Fruit / Juice / Milk</p>	
<p><b>03 Lunch</b>  Cheeseburger Baked beans / Potatoes Fruit / Juice / Milk</p>	<p><b>04 Lunch</b>  Chicken tenders w/cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>05 Lunch</b>  Chicken burrito Beans / Corn Fruit / Juice / Milk</p>	<p><b>06 Lunch</b>  Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>07 Lunch</b>  Pizza Veggies Fruit / Juice / Milk</p>	<p><b>Breakfast Nutrient AVG</b> Calories 458 Sodium (mg) 427 Total Fat (g) 6.28 Saturated Fat (g) 2.65 Trans Fat<sup>1</sup> (g) 0.00</p>
<p><b>10</b></p>	<p><b>11</b></p>	<p><b>12</b>  ←FALL BREAK→</p>	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>Lunch Nutrient AVG</b> Calories 767 Sodium (mg) 1060 Total Fat (g) 21.68 Saturated Fat (g) 6.19 Trans Fat<sup>1</sup> (g) 0</p>
<p><b>17 Lunch</b>  Cheeseburger Baked beans / Potatoes Fruit / Juice / Milk</p>	<p><b>18 Lunch</b>  Chicken tenders w/cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>19 Lunch</b>  Chicken burrito Beans / Corn Fruit / Juice / Milk</p>	<p><b>20 Lunch</b>  Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>21</b>  Pizza Veggies Fruit / Juice / Milk</p>	
<p><b>24 Lunch</b>  Cheeseburger Baked beans / Potatoes Fruit / Juice / Milk</p>	<p><b>25 Lunch</b>  Chicken tenders w/cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>26 Lunch</b>  Chicken burrito Beans / Corn Fruit / Juice / Milk</p>	<p><b>27 Lunch</b>  Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>28 Lunch</b>  Pizza Veggies Fruit / Juice / Milk</p>	
<p><b>31 Lunch</b>  Cheeseburger 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.  
USDA is an equal opportunity provider.