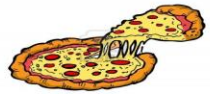
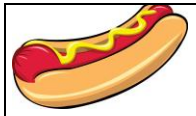
Villa Oasis High School - November 2026

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	
					**Breakfast Nutrient AVG** Calories 481 Sodium (mg) 444 Total Fat (g) 6.28 Saturated Fat (g) 2.65 Trans Fat¹ (g) 0.00
02 Lunch Chicken burger **or** Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	**03 Lunch** Chicken tenders w/cookie **or** Corndog Potatoes / Veggies Fruit / Juice / Milk	**04 Lunch** Tacos/rice **or** Chicken quesadilla Beans / Corn Fruit / Juice / Milk	**05 Lunch** Spaghetti, roll **or** Pizza Broccoli / Carrots Fruit / Juice / Milk	**06 Lunch** Hotdog **or** Cheeseburger Potatoes/veggies Fruit / Juice / Milk	**Lunch Nutrient AVG** Calories 771 Sodium (mg) 1,145 Total Fat (g) 19.33 Saturated Fat (g) 5.14 Trans Fat¹ (g) 0.00
09 Lunch Chicken burger **or** Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	**10 Lunch** Chicken tenders w/cookie **or** Corndog Potatoes / Veggies Fruit / Juice / Milk	**11** Veterans' day!	**12 Lunch** Spaghetti, roll **or** Pizza Broccoli / Carrots Fruit / Juice / Milk	**13 Lunch** Hotdog **or** Cheeseburger Potatoes/veggies Fruit / Juice / Milk	
16 Lunch Chicken burger **or** Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	**17 Lunch** Chicken tenders w/cookie **or** Corndog Potatoes / Veggies Fruit / Juice / Milk	**18 Lunch** Tacos/rice **or** Chicken quesadilla Beans / Corn Fruit / Juice / Milk	**19 Lunch** Spaghetti, roll **or** Pizza Broccoli / Carrots Fruit / Juice / Milk	**20 Lunch** Hotdog **or** Cheeseburger Potatoes/veggies Fruit / Juice / Milk	
23 Lunch Chicken burger **or** Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	**24 Lunch** **Roasted turkey-mashed potatoes w. gravy** **Mixed veg. / sugar cookie** **Fruit / Juice / Milk**	**25 Lunch** Tacos/rice **or** Chicken quesadilla Beans / Corn Fruit / Juice / Milk	**26** No School!	**27** No School!	

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.