

Villa Oasis High School - August 2023

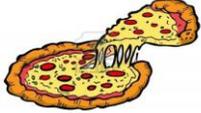
Monday

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</p> 	<p>02</p>	<p>03 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>04 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	<p>Breakfast Menu Nutrient AVG</p> <table border="0"> <tr><td>Calories</td><td>458</td></tr> <tr><td>Sodium (mg)</td><td>427</td></tr> <tr><td>Total Fat (g)</td><td>6.28</td></tr> <tr><td>Saturated Fat (g)</td><td>2.65</td></tr> <tr><td>Trans Fat' (g)</td><td>0.00</td></tr> </table>	Calories	458	Sodium (mg)	427	Total Fat (g)	6.28	Saturated Fat (g)	2.65	Trans Fat' (g)	0.00
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<p>07 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>08 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>09 Lunch Tacos or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>10 Lunch Spaghetti, roll or Pizza Broccoli /Carrots Fruit / Juice / Milk</p>	<p>11 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	<p>Lunch Menu Nutrient AVG</p> <table border="0"> <tr><td>Calories</td><td>767</td></tr> <tr><td>Sodium (mg)</td><td>1060</td></tr> <tr><td>Total Fat (g)</td><td>21.68</td></tr> <tr><td>Saturated Fat (g)</td><td>6.19</td></tr> <tr><td>Trans Fat' (g)</td><td>0</td></tr> </table>	Calories	767	Sodium (mg)	1060	Total Fat (g)	21.68	Saturated Fat (g)	6.19	Trans Fat' (g)	0
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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.