

Villa Oasis High School - November 2025

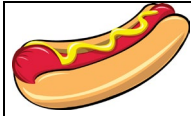
Monday

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 Fat' (g) 0.00
03 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	04 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk	05 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	06 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	07 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 Fat' (g) 0.00
10 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	11 Veterans' day!	12 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	13 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	14 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk	
17 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	18 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk	19 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	20 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	21 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk	
24 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	25 Lunch Roasted turkey-mashed potatoes w. gravy Mixed veg. / sugar cookie Fruit / Juice / Milk	26 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	27 No School!	28 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.