

Villa Oasis High School - October 2023

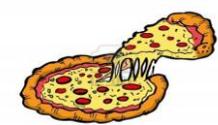
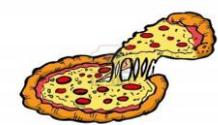
Monday

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>02 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>03 Lunch Chicken strips w/cookie or Corndog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>04 Lunch Tacos or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>05 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk</p>	<p>06 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	
<p>09</p>	<p>10</p>	<p>11 ←FALL BREAK→</p>	<p>12</p>	<p>13</p>	<p>Breakfast Menu Nutrient AVG Calories 458 Sodium (mg) 427 Total Fat (g) 6.28 Saturated Fat (g) 2.65 Trans Fat¹ (g) 0.00</p>
<p>16 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>17 Lunch Chicken strips w/cookie or Corndog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>18 Lunch Tacos or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>19 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk</p>	<p>20 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	<p>Lunch Menu Nutrient AVG Calories 767 Sodium (mg) 1060 Total Fat (g) 21.68 Saturated Fat (g) 6.19 Trans Fat¹ (g) 0</p>
<p>23 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>24 Lunch Chicken strips w/cookie or Corndog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>25 Lunch Tacos or Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p>26 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk</p>	<p>27 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	
<p>30 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p>31 Lunch Chicken strips w/cookie or Corndog Potatoes / Veggies 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.