

# Villa Oasis High School - November 2022

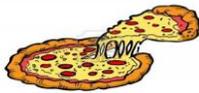
**Monday**

**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>01 Lunch</b>  Chicken burrito Tacos, rice Beans / Corn Fruit / Juice / Milk</p>	<p><b>02 Lunch</b>  Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>03 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>06 Lunch</b>  Cheeseburger Baked beans / Potatoes Fruit / Juice / Milk</p>	<p><b>07 Lunch</b>  Chicken tenders w/cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>08 Lunch</b>  Chicken burrito Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p><b>09 Lunch</b>  Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>10</b>  No-school</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>13 Lunch</b>  Cheeseburger Baked beans / Potatoes Fruit / Juice / Milk</p>	<p><b>14 Lunch</b>  Chicken tenders w/cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>15 Lunch</b>  Chicken burrito Tacos, rice Beans / Corn Fruit / Juice / Milk</p>	<p><b>16 Lunch</b>  Cheeseburger Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>17</b>  Pizza Veggies Fruit / Juice / Milk</p>	
<p><b>20 Lunch</b>  Cheeseburger Baked beans / Potatoes Fruit / Juice / Milk</p>	<p><b>21 Lunch</b>  Roasted turkey-mashed potatoes w. gravy Mixed veg. / sugar cookie Fruit / Juice / Milk</p>	<p><b>22 Lunch</b>  Chicken burrito Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p><b>23</b>  No-school</p>	<p><b>24</b>  No-school</p>	
<p><b>27 Lunch</b>  Cheeseburger Baked beans / Potatoes Fruit / Juice / Milk</p>	<p><b>28 Lunch</b>  Chicken tenders w/cookie Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>29 Lunch</b>  Chicken burrito Tacos, rice Beans / Corn Fruit / Juice / Milk</p>	<p><b>30 Lunch</b>  Cheeseburger 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.