

# Villa Oasis High School - August 2025


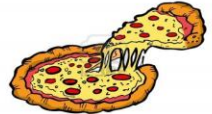




## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<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	<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	<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	<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	<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	
					<b>Breakfast Menu Nutrient AVG</b> Calories 458 Sodium (mg) 427 Total Fat (g) 6.28 Saturated Fat (g) 2.65 Trans Fat' (g) 0.00
<b>04 Lunch</b> Chicken burger <b>or</b> Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	<b>05 Lunch</b> Chicken tenders w/cookie <b>or</b> Corn dog Potatoes / Veggies Fruit / Juice / Milk	<b>06 Lunch</b> Tacos <b>or</b> Chicken quesadilla Beans / Corn Fruit / Juice / Milk	<b>07 Lunch</b> Spaghetti, roll <b>or</b> Pizza Broccoli / Carrots Fruit / Juice / Milk	<b>08 Lunch</b> Hotdog <b>or</b> Cheeseburger Potatoes/veggies Fruit / Juice / Milk	<b>Lunch Menu Nutrient AVG</b> Calories 767 Sodium (mg) 1060 Total Fat (g) 21.68 Saturated Fat (g) 6.19 Trans Fat' (g) 0
<b>11 Lunch</b> Chicken burger <b>or</b> Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	<b>12 Lunch</b> Chicken tenders w/cookie <b>or</b> Corn dog Potatoes / Veggies Fruit / Juice / Milk	<b>13 Lunch</b> Tacos <b>or</b> Chicken quesadilla Beans / Corn Fruit / Juice / Milk	<b>14 Lunch</b> Spaghetti, roll <b>or</b> Pizza Broccoli / Carrots Fruit / Juice / Milk	<b>15 Lunch</b> Hotdog <b>or</b> Cheeseburger Potatoes/veggies Fruit / Juice / Milk	
<b>18 Lunch</b> Chicken burger <b>or</b> Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	<b>19 Lunch</b> Chicken tenders w/cookie <b>or</b> Corn dog Potatoes / Veggies Fruit / Juice / Milk	<b>20 Lunch</b> Tacos <b>or</b> Chicken quesadilla Beans / Corn Fruit / Juice / Milk	<b>21 Lunch</b> Spaghetti, roll <b>or</b> Pizza Broccoli / Carrots Fruit / Juice / Milk	<b>22 Lunch</b> Hotdog <b>or</b> Cheeseburger Potatoes/veggies Fruit / Juice / Milk	
<b>25 Lunch</b> Chicken burger <b>or</b> Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	<b>26 Lunch</b> Chicken tenders w/cookie <b>or</b> Corn dog Potatoes / Veggies Fruit / Juice / Milk	<b>27 Lunch</b> Tacos <b>or</b> Chicken quesadilla Beans / Corn Fruit / Juice / Milk	<b>28 Lunch</b> Spaghetti, roll <b>or</b> Pizza Broccoli / Carrots Fruit / Juice / Milk	<b>Lunch</b> Hotdog <b>or</b> Cheeseburger Potatoes/veggies Fruit / Juice / Milk	

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.