

Villa Oasis High School - December 2024






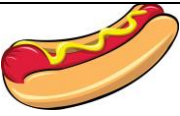
Monday

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 tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk</p>	<p>04 Lunch Tacos/rice 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>Breakfast Nutrient AVG</p> <table border="1"> <tr><td>Calories</td><td>481</td></tr> <tr><td>Sodium (mg)</td><td>444</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	481	Sodium (mg)	444	Total Fat (g)	6.28	Saturated Fat (g)	2.65	Trans Fat' (g)	0.00
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<p>23</p>	<p>24</p>	<p>25 ← Winter break →</p>	<p>26</p>	<p>27</p>											
<p>30 </p>	<p>31</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.