

# Villa Oasis High School - October 2024







**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 tenders w/cookie <b>or</b> Comdog Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>02 Lunch</b> Tacos/rice <b>or</b> Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p><b>03 Lunch</b> Spaghetti, roll <b>or</b> Pizza Broccoli /Carrots Fruit / Juice / Milk</p>	<p><b>04 Lunch</b> Hotdog <b>or</b> Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>	<p><b>Breakfast Menu Nutrient AVG</b></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><b>07</b></p>	<p><b>08</b></p>	<p><b>09</b>  ← Fall Break →</p>	<p><b>10</b></p>	<p><b>11</b></p>	<p><b>Lunch Menu Nutrient AVG</b></p> <table border="1"> <tr><td>Calories</td><td>771</td></tr> <tr><td>Sodium (mg)</td><td>1145</td></tr> <tr><td>Total Fat (g)</td><td>19.33</td></tr> <tr><td>Saturated Fat (g)</td><td>5.14</td></tr> <tr><td>Trans Fat' (g)</td><td>0.00</td></tr> </table>	Calories	771	Sodium (mg)	1145	Total Fat (g)	19.33	Saturated Fat (g)	5.14	Trans Fat' (g)	0.00
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<p><b>14 Lunch</b> Chicken burger <b>or</b> Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p><b>15 Lunch</b> Chicken tenders w/cookie <b>or</b> Comdog Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>16 Lunch</b> Tacos/rice <b>or</b> Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p><b>17 Lunch</b> Spaghetti, roll <b>or</b> Pizza Broccoli / Carrots Fruit / Juice / Milk</p>	<p><b>18 Lunch</b> Hotdog <b>or</b> Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>											
<p><b>21 Lunch</b> Chicken burger <b>or</b> Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p><b>22 Lunch</b> Chicken tenders w/cookie <b>or</b> Comdog Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>23 Lunch</b> Tacos/rice <b>or</b> Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p><b>24 Lunch</b> Spaghetti, roll <b>or</b> Pizza Broccoli / Carrots Fruit / Juice / Milk</p>	<p><b>25 Lunch</b> Hotdog <b>or</b> Cheeseburger Potatoes/veggies Fruit / Juice / Milk</p>											
<p><b>28 Lunch</b> Chicken burger <b>or</b> Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk</p>	<p><b>29 Lunch</b> Chicken tenders w/cookie <b>or</b> Comdog Potatoes / Veggies Fruit / Juice / Milk</p>	<p><b>30 Lunch</b> Tacos/rice <b>or</b> Chicken quesadilla Beans / Corn Fruit / Juice / Milk</p>	<p><b>24 Lunch</b> Spaghetti, roll <b>or</b> Pizza Broccoli / Carrots 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.