

Villa Oasis High School - December 2025



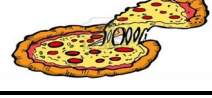



Monday

Tuesday

Wednesday

Thursday

Friday

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	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	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	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	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	
01 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	02 Lunch Chicken tenders w/cookie or Corndog Potatoes / Veggies Fruit / Juice / Milk	03 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	04 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	05 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk	Breakfast Nutrient AVG Calories 458 Sodium (mg) 427 Total Fat (g) 6.28 Saturated Fat (g) 2.65 Trans Fat' (g) 0.00
08 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	09 Lunch Chicken tenders w/cookie or Corndog Potatoes / Veggies Fruit / Juice / Milk	10 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	11 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	12 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk	Lunch Nutrient AVG Calories 767 Sodium (mg) 1060 Total Fat (g) 21.68 Saturated Fat (g) 6.19 Trans Fat' (g) 0
15 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	16 Lunch Chicken tenders w/cookie or Corndog Potatoes / Veggies Fruit / Juice / Milk	17 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	18 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	19 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk	
22	23	24	25	26	
29 	30	31	29	30	
		← Winter break →			

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.