

# Villa Oasis High School - January 2026



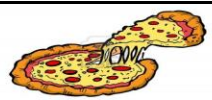

**Monday**

**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>05 Lunch</b> Chicken burger <b>or</b> Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	<b>06 Lunch</b> Chicken tenders w/cookie <b>or</b> Corndog Potatoes / Veggies Fruit / Juice / Milk	<b>07 Lunch</b> Tacos/rice <b>or</b> Chicken quesadilla Beans / Corn Fruit / Juice / Milk	<b>08 Lunch</b> Spaghetti, roll <b>or</b> Pizza Broccoli / Carrots Fruit / Juice / Milk	<b>09 Lunch</b> Hotdog <b>or</b> Cheeseburger Potatoes/veggies Fruit / Juice / Milk	<b>Breakfast Nutrient AVG</b> Calories 481 Sodium (mg) 444 Total Fat (g) 6.28 Saturated Fat (g) 2.65 Trans Fat' (g) 0.00
<b>12 Lunch</b> Chicken burger <b>or</b> Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	<b>13 Lunch</b> Chicken tenders w/cookie <b>or</b> Corndog Potatoes / Veggies Fruit / Juice / Milk	<b>14 Lunch</b> Tacos/rice <b>or</b> Chicken quesadilla Beans / Corn Fruit / Juice / Milk	<b>15 Lunch</b> Spaghetti, roll <b>or</b> Pizza Broccoli / Carrots Fruit / Juice / Milk	<b>16 Lunch</b> Hotdog <b>or</b> Cheeseburger Potatoes/veggies Fruit / Juice / Milk	<b>Lunch Nutrient AVG</b> Calories 771 Sodium (mg) 1,145 Total Fat (g) 19.33 Saturated Fat (g) 5.14 Trans Fat' (g) 0.00
<b>19</b>  <b>No School!</b>	<b>20 Lunch</b> Chicken tenders w/cookie <b>or</b> Corndog Potatoes / Veggies Fruit / Juice / Milk	<b>21 Lunch</b> Tacos/rice <b>or</b> Chicken quesadilla Beans / Corn Fruit / Juice / Milk	<b>22 Lunch</b> Spaghetti, roll <b>or</b> Pizza Broccoli / Carrots Fruit / Juice / Milk	<b>23 Lunch</b> Hotdog <b>or</b> Cheeseburger Potatoes/veggies Fruit / Juice / Milk	
<b>26 Lunch</b> Chicken burger <b>or</b> Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	<b>27 Lunch</b> Chicken tenders w/cookie <b>or</b> Corndog Potatoes / Veggies Fruit / Juice / Milk	<b>28 Lunch</b> Tacos/rice <b>or</b> Chicken quesadilla Beans / Corn Fruit / Juice / Milk	<b>29 Lunch</b> Spaghetti, roll <b>or</b> Pizza Broccoli / Carrots Fruit / Juice / Milk	<b>30 Lunch</b> Hotdog <b>or</b> Cheeseburger Potatoes/veggies Fruit / Juice / Milk	<b>A healthy diet and exercise are KEY to being fit!</b>
					

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.