

Villa Oasis High School - October 2025




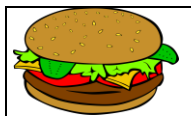
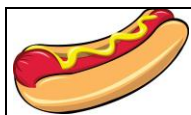

Monday

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 Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	02 Lunch Spaghetti, roll or Pizza Broccoli /Carrots Fruit / Juice / Milk	03 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk	Breakfast Menu Nutrient AVG Calories 481 Sodium (mg) 444 Total Fat (g) 6.28 Saturated Fat (g) 2.65 Trans Fat ¹ (g) 0.00
06	07	08 ← Fall Break →	09	10	Lunch Menu Nutrient AVG Calories 771 Sodium (mg) 1145 Total Fat (g) 19.33 Saturated Fat (g) 5.14 Trans Fat ¹ (g) 0.00
13 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	14 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk	15 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	16 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	17 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk	
20 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	21 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk	22 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	23 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	24 Lunch Hotdog or Cheeseburger Potatoes/veggies Fruit / Juice / Milk	
27 Lunch Chicken burger or Ham and cheese s/w Baked beans / Potatoes Fruit / Juice / Milk	28 Lunch Chicken tenders w/cookie or Corn dog Potatoes / Veggies Fruit / Juice / Milk	29 Lunch Tacos/rice or Chicken quesadilla Beans / Corn Fruit / Juice / Milk	30 Lunch Spaghetti, roll or Pizza Broccoli / Carrots Fruit / Juice / Milk	24 Lunch Hotdog or 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.