

Oak View High School FALL MENU 2021

What is a Lunch?

An entrée and 1/2 cup of fruit or vegetable serving (includes the juice) at minimum but you can have milk and a serving of all salad bar items as well

If you don't want an entrée?

Then you need to take milk and two cups of fruit and vegetable selections.



BREAKFAST 9-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Breakfast Burrito	*Sunrise Breakfast Sandwich	Pancake Sausage on Stick	***	*Breakfast Burrito
Benefit Bar	***	Benefit Bar	Breakfast Pizza w/Turkey Sausage	Benefit Bar
***	UBR	***	UBR	***
Cereal w/grams	Cereal w/grams	Cereal w/grams	Cereal w/grams	Cereal w/grams

PHOENIX LUNCH (9-12)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tyson Spicy Chicken Sandwich	Tamales w/beans	Pizza Hut	100% Beef Cheeseburger w/ baked chips	Pizza Hut
Caesar Chicken Salad	Spicy Chicken Salad	Caesar Chicken Salad	Spicy Chicken Salad	Caesar Chicken Salad
Fresh Deli Turkey Grinder w/baked chips	Fresh Deli Turkey Grinder w/ baked chips	Fresh Deli Turkey Grinder w/ baked chips	Fresh Deli Turkey Grinder w/ baked chips	Fresh Deli Turkey Grinder w/ baked chips
Smucker's Uncrustable	Smucker's Uncrustable	Smucker's Uncrustable	Smucker's Uncrustable	Smucker's Uncrustable
8 oz 100% Juice	8 oz 100% Juice	8 oz 100% Juice	8 oz 100% Juice	8 oz 100% Juice

8 oz of 1% White Milk or Non fat Chocolate Milk and 4 oz 100% Fruit Juice is offered at each meal.

Menu subject to change