

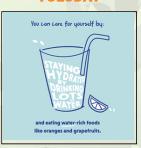
Guam Pre-K and Headstart



MONDAY



TUESDAY



WEDNESDAY

Breakfast: Trix Yogurt Scooby Sacks Pineapple Tidbits

Lunch: Corn Dog Daily Vegetable Assorted Fruit

THURSDAY

Breakfast: Sausage Patty with Rice Pears

Lunch:
Pork Carnitas with Rice
Daily Vegetable
Assorted Fruit

FRIDAY

Breakfast: Assorted Muffins Graham Cracker Fruit Mix

Lunch: Cheese Pizza Vegetable of the Day Assorted Fruit

Breakfast and Lunch include a serving of 1% White Milk



Breakfast: Biscuit Sandwich with Egg Diced Peaches

Lunch: Pork Taco with Cheese Black Beans Assorted Fruit 8

Assorted Bagels with Cream Cheese Pineapple Tidbits

Lunch:
Chicken Tender Bowl
Mashed potatoes and Gravy
Vegetable of the Day
Assorted Fruit

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Breakfast: Frudel Diced Pears

Lunch: Tinaktak with Rice Daily Vegetable Assorted Fruit 10

3

Breakfast: French Toast Sticks with syrup Fruit Mix

Lunch: Breaded Fish Sandwich Vegetable of the Day Assorted Fruit

Our Menus follow USDA guidelines for school nutrition serving a variety of whole grains weekly

13

Breakfast: Cereal Bar Graham Cracker Fresh Orange

Lunch: Chili Dog Smile Fries Assorted Fruit 14

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Breakfast: Sausage Patty with Rice Diced Peaches

Lunch: Beef Taco with Cheese Black Beans Assorted Fruit 15

Breakfast:
Bacon Breakfast Pizza
Pineapple Tidbits

Lunch Sloppy Joe Daily Vegetable Assorted Fruit 16

Breakfast: Mini Pancakes Graham Cracker Diced Pears

Lunch: Hawaiian Burger Vegetable of the Day Assorted Fruit 17

Breakfast: Assorted Trix yogurt Scooby Snacks Fruit Mix

Lunch: Macaroni and Cheese w/ Ham Daily Vegetable Assorted Fruit

Our weekly vegetable servings include a variety from different subroups

20

Breakfast: Stuffed Bagel Fresh Orange

Lunch: Spaghetti with Meat Sauce Vegetable of the Day Assorted Fruit 21

Breakfast:
Biscuit with Mini Chicken Patty
Diced Peaches

Lunch: Pork Nachos with Cheese Sauce Black Beans Assorted Fruit 22

Breakfast: Fried Rice w/ Ham & Eggs Pineapple Tidbits

Lunch: Breaded Chicken Sandwich Daily Vegetable Assorted Fruit 23

Breakfast: Breakfast on a Stick Pears

> Lunch: Chili Dog Daily Vegetable Assorted Fruit

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Breakfast: Cheese Omelet w/ Rice Fruit Mix

Lunc

Cheesy Breadsticks with Marinara Vegetable of the Day Assorted Fruit

Introducing Scooby Snacks! A fun and delicious alternative to graham crackers

27

Breakfast: Assorted Cereal Bars Graham Crackers Fresh Orange

Lunch: Chicken Nuggets and Rice Daily Vegetable Assorted Fruit 28

Breakfast: Sausage Breakfast Pizza Peaches

Lunch: Beef Nachos with Cheese Sauce Black Beans Assorted Fruit 29

Breakfast: Yogurt Scooby Snacks Pineapple

Lunch: Corn Dog Daily Vegetable Assorted Fruit 30

Breakfast: Sausage Patty w/ Rice Pears

Lunch:
Pork Carnitas w/Rice
Daily Vegetable
Assorted Fruit

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Breakfast: Assorted Muffins Graham Crackers Fruit Mix

Lunch: Cheese Pizza Vegetable of the Day Assorted Fruit

Menus are subject to change due to product availability and other unforeseen circumstances

This institution is an equal opportunity provider.