

# **Guam Head Start Menu**



## **MONDAY**



## **TUESDAY**

Welcome Back Breakfast!
Cold Cereal
Graham Cracker
Fruit
Lunch
Beef Nachos
Cheese Sauce
Black Beans
Fruit

### WEDNESDAY

Breakfast
Pork Sausage
Rice
Fruit

Lunch
Corn Dog (c)
Green Salad
Fruit

### **THURSDAY**

Breakfast
Yogurt
Scooby Snacks
Fruit

Lunch
Chicken Drumstick
Red Rice
Daily Vegetable

# **FRIDAY**

Breakfast
Assorted Muffins
Fruit
Lunch
Cheese Pizza
Daily Vegetable
Fruit

#### Lunch Includes your CHOICE of Fruit or Vegetable (or both)

10

17

Breakfast
Benefit Bar
Fruit

Lunch
Cheese Burger (b)
Daily Vegetable
Assorted Fruit

Breakfast
Bacon (p) & Egg
with Rice
Fruit

9

Lunch Pork Tacos Pinto Beans Daily Fruit Breakfast French Toast Sticks Fruit

Lunch
Salisbury Steak (b)
W/ Rice
Daily Vegetable
Fruit

Breakfast Cereal Bar Graham Cracker 11

Lunch Bistek w/ Rice (b) Daily Vegetable Fruit

Fruit

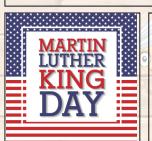
Breakfast Cheese Omelet Rice Fruit 12

19

26

Lunch
Breaded Fish Sandwich
Fruit & Vegetable

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



Breakfast
Breakfast on a Stick (t)
Fruit

Lunch Beef Nachos w/ Cheese Sauce Black Beans Daily Fruit Breakfast Breakfast Pizza (t)

Lunch Orange Chicken Rice Caesar Salad Fruit 18 Breakfast

Lunch
Eggless Loco Moco (b)
Rice
Daily Vegetable
Fruit

Mini Pancakes

Fruit

Breakfast Cold Cereal Fruit

lunch Pepperoni Pizza (p) Daily Vegetable Assorted Fruit

Follow us on Instagram at Sodexoschoolsguam to see what today's meal looks like

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Breakfast Strawberry Stuffed Bagel Fruit

Lunch
Pasta w/ Meat Sauce (B)
Vegetable
Fruit

23

16

Breakfast Sausage Breakfast Sandwich (p) Fruit

> Lunch Pork Tacos Pinto Beans Fruit

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Breakfast Fried Rice w/ Ham & Egg (P) Fruit

Lunch BBQ Pork Rib Sandwich Daily Vegetable Fruit 25 Breakfast

Fruit

Lunch
Chilli w/ Hot Dog (b)
Rice
Daily Vegetable

Apple Frudel

Breakfast Cheese Omelet w/ Rice Assorted Fruit

Lunch
Cheesy Breadsticks
w/ Marinara
Vegetable
Fruit

#### Milk is OPTIONAL at Lunch time Only (required at breakfast)

29

Breakfast Cereal Bar Fruit

Lunch Swedish Meatballs (b) Rice Vegetable Fruit 30

Breakfast Breakfast Pizza (p) Fruit

> Lunch Beef Nachos Cheese Sauce Black Beans

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Breakfast Sausage Patty (p) Rice Fruit

Lunch
Breaded Chicken Sandwich
Vegetable
Fruit





Menus are subject to change due to product availabilit

This institution is an equal opportunity provider.

