



Guam Middle & High Schools

AUG

MONDAY



TUESDAY

download our App for current
menus and nutritional information

Apple QR Code

WEDNESDAY

nutrislice



Scan to download the Nutrislice
app from the App Store

THURSDAY

Google QR Code

FRIDAY

nutrislice



Scan to download the Nutrislice
app from the Google Play Store

A Variety of Fruits and Vegetables are offered weekly including Fresh, Frozen and Canned

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Welcome Back!
We Missed you!

Breakfast
Cereal
Fruit & Juice

Lunch
Breaded Drumstick or
Popcorn Chicken
w/ Red Rice
Vegetable
Mango Chunks

Breakfast
Stuffed Bagel
Fruit

Lunch
Cheese Pizza or
Pepperoni Pizza
Vegetable & Fruit
Welcome Back Cookie!

Cold Cereal is offered daily (except Thursday) as a 2nd breakfast Option

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Breakfast
Muffin
Fruit

Lunch
Salisbury Steak
Rice & Gravy
or Corn Dog
Daily Vegetable
Fruit

Breakfast
Breakfast Pizza
Fruit & Juice

Lunch
Teriyaki Chicken
Rice or
Yakisoba Noodles
Pinto Beans
Fruit

Breakfast
Mini Pancakes
Fruit

Lunch
Cheese Burger or
Hamburger
Potato Wedges
Fruit
Daily Vegetable

Breakfast
Biscuit Sandwich
w/ Egg & Cheese
Fruit & Juice

Lunch
Chili w/ Hot Dog or
Teriyaki Beef Dippers
Rice
Fruit

Breakfast
Sausage & Rice
Fruit

Dip Dip Lunch
Cheesy Breadsticks
Marinara Sauce or
Turkey & Cheese Sandwich
Carrots w/ Ranch
Fruit

All meals meet USDA requirements for Healthy, Hunger Free Children

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Breakfast
Blueberry Muffin
Fruit

Lunch
Chicken Nuggets or
Swedish meatballs
Rice
Daily Vegetable
Fruit

Breakfast
French Toast Sticks
w/ Syrup
Fruit & Juice

Lunch
Nachos w/
Taco Meat or Chicken
& Cheese Sauce
Black Beans

Breakfast
Breakfast on a Stick
Fruit

Lunch
Orange Chicken
Rice
Fruit &
Vegetable

Breakfast
Sausage & Cheese
English Muffin
Fruit & Juice

Lunch
Eggless Loco Moco
or Beef Bulgogi (Teriyaki)
Rice
Vegetable & Fruit

Breakfast
Pork Fried Rice
Fruit

Lunch
Popcorn Chicken or
Spicy Popcorn Chicken
Mashed Potato & Gravy
Corn
Fruit

At lunch, you are required to take a fruit or vegetable and at least 2 other items (Milk is optional)

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Breakfast
Stuffed Bagel
Fruit

Lunch
Cheesy Breadsticks
Marinara or
Pepperoni Pizza
Baby Carrots w/ Ranch
Fruit

Breakfast
Breakfast Pizza
Fruit & Juice

Lunch
Teriyaki Beef dippers
Rice or Yakisoba Noodles
vegetables
Fruit

Breakfast
Mini Pancakes
Fruit

Lunch
Hot Dog or
Pork Rib Patty
Pork & Beans
Fruit

Breakfast
Croissant Breakfast Sandwich
w/ Egg & Cheese
Fruit & Juice

Lunch
Bistek or
Chicken Estufao
Rice
Vegetables

Breakfast
Benefit Bar
Fruit

Lunch
Breaded Chicken Sandwich
Regular or Spicy
Potato Wedges
Fruit

Every Meal you have a choice of low fat white milk or fat free chocolate or Strawberry Milk

USDA is an equal opportunity provider, employer, and lender.