

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Guam History and CHamoru Heritage Day	4 Breakfast Sausage & Cheese Breakfast Sandwich Fruit & Juice Lunch Nachos w/ Beef and Cheese Sauce Black Beans Daily Fruit	5 Breakfast Muffin Fruit Lunch Cheesy Breadsticks W/ Marinara Fruit & Vegetable	6 Breakfast Breakfast on a Stick Fruit & Juice Lunch Chili w/ Hot Dog Rice Fruit & Vegetable	7 Breakfast Bagel w/ Cream Cheese Fruit Lunch Cheese Pizza Fruit & Vegetable
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A Variety of Fruits and Vegetables are offered weekly including Fresh, Frozen and Canned

10 Breakfast Stuffed Bagel Fruit Lunch Chicken Alfredo Pasta Fruit & Vegetable	11 Breakfast Breakfast Sandwich w/ Bacon & Egg Fruit & Juice Lunch Pork Carnitas Spanish Rice Black Beans Fruit	12 Breakfast French Toast Sticks Fruit Lunch Salisbury Steak w/ Rice Fruit & Vegetables	13 Breakfast Fried Rice w/ Ham & Egg Fruit & Juice Lunch Breaded Drumstick w/ Red Rice Fruit & Vegetable	14 Breakfast Mini Pancakes Fruit Lunch Cheesy Breadsticks w/ Marinara Vegetable & Fruit Cookie
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Cold Cereal is offered daily (except Tuesday) as a 2nd breakfast Option

17 Breakfast Muffin Fruit Lunch Teriyaki Burger Potato Wedges Fruit	18 Breakfast Mini Chicken Breakfast Sandwich Fruit & Juice Lunch Chicken Nuggets Rice and Beans Daily Fruit	19 Breakfast Breakfast Pizza Fruit Lunch Orange Chicken Rice Vegetable Daily Fruit	20 Breakfast Breakfast on a Stick Fruit & Juice Lunch Eggless Loco Moco Rice Vegetable Daily Fruit	21 Breakfast Apple Frudel Fruit Lunch Cheese Pizza Vegetable Fruit
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All meals meet USDA requirements for Healthy, Hunger Free Children

24 Breakfast Stuffed Bagel Fruit Lunch Breaded Chicken Sandwich Potato Wedges Fruit	25 Breakfast Sausage & Cheese Breakfast Sandwich Fruit & Juice Lunch Chicken Taco Beans Fruit	26 Breakfast Cheese Omelet Fruit Lunch Pork Rib Patty Sandwich Fruit & Vegetable	27 Breakfast Mini Pancakes Fruit & Juice Lunch Bistek Rice Vegetable & Fruit	28 Breakfast Benefit Bar Fruit Lunch Macaroni & Cheese Daily Vegetable Fruit
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At lunch, you are required to take a fruit or vegetable and at least 2 other items (Milk is optional)

31 Breakfast Muffin Fruit Lunch Swedish meatballs Rice Fruit & Vegetable	Download our App on the App Store or Google Play		Follow us on Instagram at sodexoschoolsguam	
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