



# GDOE Middle & High Schools

# NOV

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<b>3</b>  All Souls  Day	<b>4</b>  NO  School	<b>5</b>  Breakfast Breakfast Pizza Fruit  Lunch Cheese Burger or Hamburger Potato Wedges Fruit	<b>6</b>  Breakfast Egg & Cheese Biscuit Sandwich Fruit & Juice  Lunch Chili w/ Hot Dog or Teriyaki Beef Dippers Rice Fruit & Vegetable	<b>7</b>  Breakfast Sausage & Rice Fruit  Lunch Cheesy Breadsticks w/ Marinara or Turkey & Cheese Sandwich Daily Vegetable Fruit
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A Variety of Fruits and Vegetables are offered weekly including Fresh, Frozen and Canned

<b>10</b>  Breakfast Muffin Fruit  Lunch Chicken Nuggets or Swedish Meatballs w/ Rice Daily Vegetable Mandarin Oranges	<b>11</b>  NO SCHOOL  VETERANS DAY	<b>12</b>  Breakfast French Toast Sticks Fruit  Lunch Orange Chicken or Spicy General Tso's Chicken Rice Fruit & Vegetable	<b>13</b>  Breakfast Sausage & Cheese Breakfast Sandwich Fruit & Juice  Lunch Eggless Loco Moco or Beef Bulgogi Rice Vegetable	<b>14</b>  Breakfast Pork Fried Rice Fruit  Lunch Popcorn Chicken Bowl Regular or Spicy Mashed Potatoes & Gravy Fruit
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Cold Cereal is offered daily (except Thursday) as a 2nd breakfast Option

<b>17</b>  Breakfast Stuffed Bagel Fruit  Lunch Cheesy Breadsticks w/ Marinara OR Pepperoni Pizza Daily Vegetable Fruit	<b>18</b>  Breakfast Mini Pancakes Fruit & Juice  Lunch Chicken Nachos or Beef Nachos w/ Cheese Sauce Black Beans Fruit	<b>19</b>  Breakfast Breakfast Pizza Fruit  Lunch Hot Dog or BBQ Pork Rib Patty Smile Fries Fruit	<b>20</b>  Breakfast Egg & Cheese Croissant Sandwich Fruit & Juice  Lunch Bistek OR Chicken Estufao Rice Fruit & Vegetable	<b>21</b>  Breakfast Benefit Bar Fruit  Lunch Breaded Chicken Sandwich Regular or Spicy Daily Vegetable Fruit
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All meals meet USDA requirements for Healthy, Hunger Free Children

<b>24</b>  Breakfast Muffin Fruit  Lunch Chicken Alfredo or Pasta & Meatballs Daily Vegetable Fruit	<b>25</b>  Breakfast French Toast Sticks Fruit & Juice  Thanksgiving Lunch Turkey & Gravy Mashed Potatoes Corn & Dinner Roll Fruit & Cookie	<b>26</b>  Breakfast Sausage & Rice Fruit  Lunch Hot Dog or Corn Dog Pork & Beans Fruit		<b>28</b>  WE ARE  THANKFUL  FOR ALL OF YOU!
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At lunch, you are required to take a fruit or vegetable and at least 2 other items (Milk is optional)

Follow us on Instagram at  sodexoschoolsguam	Download our APP Nutrislice for  Menus including  Nutritional and Allergy Information		Apple QR Code Left  Google Play QR Code Right	
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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.

