



Guam Head Start

SEP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Labor Day-No School

for menu updates

follow us on Instagram at

sodexoschoolsguam

2

Breakfast
French Toast Sticks

Lunch
Nachos w/Taco Meat
& Cheese Sauce

Snack
Fresh Fruit

3

Breakfast
Croissant & Scrambled Eggs

Lunch
Chicken Corn dog

Snack
Cereal Bar

4

Breakfast
Sausage & Cheese
Biscuit Sandwich

Lunch
Chicken Drumstick & Rice

Snack
Fresh Fruit

5

Breakfast
Breakfast on a Stick

Lunch
Cheese Pizza

Snack
Graham Crackers

Breakfast is served with Fruit
Lunch is served with Fruit & Vegetable

8

Breakfast
Stuffed Bagel

Lunch
Salisbury Steak w/ Rice

Snack
Graham Crackers

9

Breakfast
Breakfast Pizza

Lunch
Teriyaki Chicken & Rice

Snack
Fresh Fruit

10

Breakfast
Mini Pancakes

Lunch
Cheeseburger

Snack
Cereal Bar

11

Breakfast
Egg and Cheese Breakfast Biscuit

Lunch
Chicken Drumstick & Rice

Snack
Fresh Fruit

12

Breakfast
Sausage & Rice

Lunch
Cheesy Breadsticks

Snack
Graham Crackers

AM Programs Get Breakfast
PM Programs get Lunch and Snack and all Day Programs get breakfast, lunch & Snack

15

Breakfast
Blueberry Muffin

Lunch
Chicken Nuggets & Rice

Snack
Graham Crackers

16

Breakfast
French Toast Sticks

Lunch
Nachos w/ Taco Meat
& Cheese Sauce

Snack
Fresh Fruit

17

Breakfast
Breakfast on a Stick

Lunch
Teriyaki Beef Dippers w/ Rice

Snack
Cereal Bar

18

Breakfast
Sausage & Cheese
English Muffin Sandwich

Lunch
Eggless Loco Moco w/ Rice

Snack
Fresh Fruit

19

Breakfast
Pork Fried Rice

Lunch
Popcorn Chicken w/
Mashed Potatoes & Gravy

Snack
Fresh Fruit

All meals meet USDA requirements for Healthy, Hunger Free Children

22

Breakfast
Stuffed Bagel
Fruit

Lunch
Cheesy Breadsticks w/
Spaghetti Sauce

Snack
Graham Crackers

23

Breakfast
Breakfast Pizza

Lunch
Orange Chicken w/ Rice

Snack
Fresh Fruit

24

Breakfast
Mini Pancakes
Fruit

Lunch
Hot Dog

Snack
Cereal Bar

25

Breakfast
Croissant w/
Egg & Cheese

Lunch
Bistek w/ Rice

Snack
Fresh Fruit

26

Breakfast
Benefit Bar
Fruit

Lunch
Breaded Chicken Sandwich

Snack
Graham Crackers

White Milk Comes with Breakfast, Lunch and Snack

29

Breakfast
Muffin

Lunch
Chicken Alfredo Pasta

Snack
Graham Crackers

30

Breakfast
French Toast Sticks

Lunch
Beef Nachos w/
Cheese Sauce

Snack
Fresh Fruit

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