



GUAM DEPARTMENT OF EDUCATION

SY 2025 – 2026 January - May

GDOE High School Breakfast MENU



WEEK OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NUTRIENTS
1/5/26 – 1/9/26 2/2/26 – 2/6/26 3/2/26-3/6/26 3/30/26-4/3/26 4/27/26-5/1/26	Pancake (2ea) Sausage Link (2ea) Syrup (1tbsp) FRUIT (1c) MILK (8fl.oz)	Stir Fry Rice (1c) Sliced Ham (1oz) Scrambled Eggs (1oz) Ketchup (1ea) FRUIT (1c) MILK (8fl.oz)	Grilled Cheese (1ea) With American Cheese FRUIT (1c) MILK (8fl.oz)	PB&J (1ea) FRUIT (1c) MILK (8fl.oz)	Yogurt (1ea) Cereal (1ea) FRUIT (1c) MILK (8fl.oz)	<u>Average Nutrients</u> Calories: 508 Sodium: 588mg S. Fat: 6.34%
1/12/26 – 1/16/26 2/9/26-2/13/26 3/9/26-3/13/26 4/6/26-4/10/26 5/4/26-5/8/26	Biscuit (1ea) Country Gravy (1oz) FRUIT (1c) MILK (8fl.oz)	Brown Rice (1c) Sausage Patty (1ea) FRUIT (1c) MILK (8fl.oz)	Cinnamon Toast (1ea) Bacon (2slice) FRUIT (1c) MILK (8fl.oz)	Waffles (2ea) Bacon (2slice) Syrup (1oz) FRUIT (1c) MILK (8fl.oz)	Toast (1ea) Scrambled Eggs (2oz) Ketchup (1ea) FRUIT (1c) MILK (8fl.oz)	<u>Average Nutrients</u> Calories: 503 Sodium: 521mg S. Fat: 8.09%
1/19/26-1/23/26 2/16/26-2/20/26 3/16/26-3/20/26 4/13/26-4/17/26 5/11/26-5/15/26	Cereal (1ea) Yogurt (1ea) FRUIT (1c) MILK (8fl.oz)	Biscuit (1ea) Sausage Patty (1ea) FRUIT (1c) MILK (8fl.oz)	Grilled Cheese (1ea) With American Cheese FRUIT (1c) MILK (8fl.oz)	Brown Rice (1/2c) Cheese Omelet (1ea) FRUIT (1c) MILK (8fl.oz)	Brown Rice (1/2c) Sausage Link (2ea) FRUIT (1c) MILK (8fl.oz)	<u>Average Nutrients</u> Calories: 488 Sodium: 497mg S. Fat: 7.99%
1/26/26-1/30/26 2/23/26-2/27/26 3/23/26-3/27/26 4/20/26-4/24/26 5/18/26-5/22/26	Biscuit (1ea) Country Gravy (1oz) FRUIT (1c) MILK (8fl.oz)	Pancake (2ea) Bacon (2slice) Syrup (1oz) FRUIT (1c) MILK (8fl.oz)	French Toast (2ea) Sausage Link (1ea) Syrup (1oz) FRUIT (1c) MILK (8fl.oz)	Ham Sandwich (1ea) Mayo Pkt (1ea) FRUIT (1c) MILK (8fl.oz)	Cereal (1ea) Yogurt (1ea) FRUIT (1c) MILK (8fl.oz)	<u>Average Nutrients</u> Calories: 502 Sodium: 616mg S. Fat: 6.49%

DUE TO UNFORESEEN CIRCUMSTANCES THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

As of 1/28/25

"This institution is an equal opportunity provider and employer."

FNSMD Reviewed & Approved: