



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)	Average Nutrients 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)	Average Nutrients 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)	Average Nutrients 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)	Average Nutrients Calories: 502 Sodium: 616mg S. Fat: 6.49%

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

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

As of 1/28/25

FNSMD Reviewed & Approved: