



GUAM DEPARTMENT OF EDUCATION
SY 2025 – 2026 January - May
GDOE High School Lunch 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	Chili (1oz) Hotdog (1ea) Cheese Sauce (1oz) Ketchup Pkt (1ea) Potato Wedge (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Spaghetti Noodles (1c) Meatballs (2oz) Dinner Roll (1ea) VEGETABLE OF THE DAY (1 & 1/4c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1/2c) MILK (8fl.oz)	Brown Rice (1/2c) Local BBQ Chicken (2oz) VEGETABLE OF THE DAY (1 & 1/4c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1/2c) MILK (8fl.oz)	Tuna Sandwich (1ea) Tortilla Chips (5pcs) VEGETABLE OF THE DAY (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Roast Beef (2oz) Brown Rice (1/2c) Gravy (2oz) VEGETABLE OF THE DAY (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Average Nutrients Calories: 789 Sodium: 1097mg S. Fat: 6.54%
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	Brown Rice (1c) Chicken Nuggets (5pcs) Ketchup Pkt (2ea) VEGETABLE OF THE DAY (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Taco Salad (1ea) Tortilla Chips (10pcs) Cheese Sauce (1oz) VEGETABLE OF THE DAY (1 & 1/4c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1/2c) MILK (8fl.oz)	Ham & Cheese Sandwich (1ea) VEGETABLE OF THE DAY (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Brown Rice (1c) Beef Kadu (2oz) VEGETABLE OF THE DAY (1 & 1/4c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1/2c) MILK (8fl.oz)	Brown Rice (1c) BBQ Chicken (2oz) VEGETABLE OF THE DAY (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Average Nutrients Calories: 780 Sodium: 949mg S. Fat: 6.98%
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	Hotdog (1ea) Ketchup Pkt (1pkt) Relish Pkt (1ea) Mustard Pkt (1ea) VEGETABLE OF THE DAY (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Tuna Sandwich (1ea) Tortilla Chips (5pcs) Cheese Sauce (1oz) VEGETABLE OF THE DAY (1 & 1/4c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1/2c) MILK (8fl.oz)	Spaghetti (1/2c) Meat sauce (2oz) Dinner Roll (1ea) VEGETABLE OF THE DAY (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz))	Cheese Burger (1ea) (American Cheese) VEGETABLE OF THE DAY (1 & 1/4c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1/2c) MILK (8fl.oz)	Brown Rice (1c) Pork Adobo (2oz) VEGETABLE OF THE DAY (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Average Nutrients Calories: 813 Sodium: 1016mg S. Fat: 7.31%
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	Brown Rice (1c) Chicken Nuggets (5pcs) Ketchup Pkt (2ea) VEGETABLE OF THE DAY (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Turkey Sandwich (1ea) Mayo Pkt (1ea) Ketchup (1ea) VEGETABLE OF THE DAY (1 & 1/4c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1/2c) MILK (8fl.oz)	Brown Rice (1c) Chicken Kadu (2oz) VEGETABLE OF THE DAY (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Brown rice (1c) Chicken Teriyaki (2oz) VEGETABLE OF THE DAY (1 & 1/4c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1/2c) MILK (8fl.oz)	Meatloaf (2oz) Dinner Roll (1ea) Gravy (1oz) Mashed Potato (3/4) FRESH FRUIT (1/2c) MILK (8fl.oz)	Average Nutrients Calories: 782 Sodium: 974mg S. Fat: 7.75%

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: