

# **Guam Elementary Menu**



2

9

#### **MONDAY**

## TUESDAY

### WEDNESDAY

### **THURSDAY**

1

8

## **FRIDAY**

We want to hear from YOU!

Use the QR Code to give us feedback about what you would like to see on your school menus!



Francisco de la constante de l

Breakfast Muffins Fruit & Juice

Lunch Chicken Drumstick Red Rice Vegetable Fruit Breakfast Cheese Omelet Rice Fruit

Lunch Cheese Pizza Daily Vegetable Fruit

#### Follow us on Instagram at SodexoschoolsGuam

7

5

Breakfast Benefit Bar Fruit

Lunch Hamburger Daily Vegetable Assorted Fruit Breakfast Bacon (p) & Egg on Rice Fruit & Juice

> Lunch Pork Tacos Pinto Beans Daily Fruit

Breakfast French Toast Sticks Fruit

Lunch Chicken Nuggets W/ Rice Daily Vegetable Fruit Breakfast Cereal Bar Fruit & Juice

Lunch Bistek w/ Rice (b) Daily Vegetable Fruit Breakfast Yogurt ScoobySnacks Fruit

Lunch
Breaded Fish Sandwich
Fruit & Vegetable

Our Menus follow USDA guidelines for school nutrition serving a variety of whole grains weekly

12

Breakfast Cold Cereal Fruit

Super Bowl Lunch Beef Nachos w/ Cheese Sauce Black Beans Fruit 13

6

Breakfast Breakfast on a Stick (t) Fruit & Juice

Lunch Breaded Chicken Sandwich Vegetable of the Day Daily Fruit 14 Breakfast

Breakfast Pizza (t) Fruit

Lunch Teriyaki Chicken Rice Caesar Salad 15

Breakfast Mini Pancakes Fruit & Juice

Lunch
Eggless Loco Moco (b)
Rice
Daily Vegetable
Fruit

16

Breakfast Muffins Fruit

Lunch
Macaroni & Cheese
Daily Vegetable
Fruit

Meat types are clarified with a (p) for pork, (t) for turkey, (c) for chicken and (b) for beef

19

Breakfast Strawberry Stuffed Bagel Fruit

Lunch
Baked Chicken Alfredo
Vegetable
Fruit

20

Breakfast Sausage Breakfast Sandwich (p) Fruit & Juice

> Lunch Pork Tacos Pinto Beans Fruit

21

Breakfast
Fried Rice w/ Ham & Egg (p)
Fruit

Lunch BBQ Pork Rib Sandwich Daily Vegetable Fruit 22

Apple Frudel Fruit & Juice Lunch

Breakfast

Lunch
Chili w/ Hot Dog (b)
Rice
Daily Vegetable
Fruit

23

Breakfast Cheese Omelet Rice Fruit

Lunch Cheesy Breadsticks Marinara Vegetable & Fruit

Milk is OPTIONAL at Lunch time Only (required at breakfast)

26

Breakfast Cold Cereal Fruit

Lunch
Swedish Meatballs (b)
Rice
Vegetable Fruit

27

Breakfast Breakfast Pizza (t) Fruit & Juice

Lunch
Beef Nachos
Cheese Sauce
Black Beans
Fruit

28

Breakfast Sausage Patty (p) Rice Fruit

Lunch Corn Dog (C) Vegetable Fruit Breakfast 29

Yogurt Scooby Snacks Fruit & Juice

Lunch
Chicken Drumstick
Red Rice
Vegetable
Fruit

WHOLE GRAINS ROCK!

At least half of the grains upo eat as balanced plate should be thole grain are desurn of types, but the most con

It least half of the grains you cat as part of a balanced plate should be whole grains. There are dozens of tigues, but the most common are costs, brown rice and bulger.

Menus are subject to change due to product availability

This institution is an equal opportunity provider.

eicruz arbg