



# Guam Head Start Menu

# MAY

## MONDAY



## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

Breakfast  
Breakfast on a Stick

Lunch  
Chili w/ Hot Dog & Rice

Snack  
Fresh Apple

2

Breakfast  
Bagel w/ Cream Cheese

Lunch  
Cheese Pizza

Snack  
Graham Crackers

AM Headstart is fed Breakfast and Lunch Daily (All Meals come with Milk)

5

Breakfast  
Cereal

Happy Cinco de Mayo!  
Pork Tacos

Snack  
Graham Crackers

6

Breakfast  
Ham & Egg  
Breakfast Sandwich

Lunch  
Teriyaki Burger  
Potato Wedges

Snack  
Fresh Orange

7

Breakfast  
French Toast Sticks

Lunch  
Salisbury Steak & Rice

Snack  
Cereal Bar or Muffin

8

Breakfast  
Mini Pancakes

Lunch  
Chicken Drumstick  
Red Rice

Snack  
Fresh Apple

9

Breakfast  
Fried Rice

Lunch  
Cheesy Breadsticks  
w/ Marinara

Snack  
Graham Crackers

PM Headstart is fed Lunch and a Snack Daily (All meals come with Milk)

12

Breakfast  
Yogurt & Graham Crackers

Lunch  
Chicken Alfredo Pasta

Snack  
Muffin

13

Breakfast  
Chicken & Biscuit

Lunch  
Nuggets & Spanish Rice

Snack  
Fresh Orange

14

Breakfast  
Breakfast Pizza

Lunch  
Orange Chicken

Snack  
Muffin or Cereal Bar

15

Breakfast  
Apple Frudel

Lunch  
Eggless Loco Moco

Snack  
Fresh Apple

16

Breakfast  
Breakfast on a Stick

American BBQ Lunch  
Hot Dog  
Pork & Beans  
Potato Chips

Snack  
Graham Crackers

All Day (Duration Programs) Headstart is fed Breakfast, Lunch and a Snack Daily (All come with Milk)

19

Breakfast  
Cereal

Lunch  
Breaded Chicken Burger

Snack  
Graham Crackers

20

Breakfast  
Sausage & Cheese  
Breakfast Sandwich

Lunch  
Chicken Taco

Snack  
Orange

21

Breakfast  
Cheese Omelet

Lunch  
BBQ Pork Rib  
Sandwich

Snack  
Cereal Bar or Muffin

22

Breakfast  
Mini Pancakes

Lunch  
Bistek & Rice

Snack  
Apple

23

Happy Summer!

Breakfast, Lunch and Snack are served with 1% white milk



27

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28

29

Download our App  
For Menus  
and  
Nutritional Information

**nutrislice**

Breakfast includes a fruit serving and Lunch includes both vegetables and a fruit serving

4/23/25

This institution is an equal opportunity provider.