

Guam Elementary Menu

1

8



3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

2

9

16

FRIDAY

National School Lunch Week

October 13-17

Taste the World!



Breakfast Croissant Scrambled Egg Fruit

Lunch Corn Dog Smile Fries Fruit

Breakfast Sausage & Cheese Biscuit Sandwich Fruit & Juice

Lunch **Breaded Drumstick** Red Rice Salad

Breakfast Breakfast on a Stick Fruit

> Lunch Cheese Pizza Daily Vegetable Fruit

A Variety of Fruits and Vegetables are offered weekly including Fresh, Frozen and Canned

6

Breakfast Stuffed Bagel Fruit

Lunch Salisbury Steak w/ Rice & Gravy Daily Vegetable Fruit

Breakfast Pizza

7

Lunch Teriyaki Chicken Rice Beans Fruit

Breakfast

Fruit & Juice

Breakfast Mini Pancakes Fruit

Lunch Cheeseburger Potato Wedges Daily Fruit

Breakfast Biscuit Sandwich w/ Mini Chicken Fruit & Juice

Lunch Chili w/ Hot Dog Rice Vegetable Mango

10 Breakfast Sausage & Rice Fruit

Lunch Cheesy Breadsticks Marinara Sauce Vegetable & Fruit

Cold Cereal is offered daily (except Thursday) as a 2nd breakfast Option

13

Breakfast Muffin Fruit

Lunch from Korea Beef Bulgogi Rice Daily Vegetable Fruit

14

Breakfast French Toast Sticks Fruit & Juice

Lunch from Mexico Chicken Nachos W/ Cheese Sauce Black Beans Fruit

15

Breakfast Breakfast on a Stick Fruit

Lunch from China Orange Chicken Fruit Daily Vegetable

Breakfast

English Muffin Sandwich w/ Sausage & Cheese Fruit & Juice

Lunch from Italy Spaghetti w/ Meatballs Ceasar Salad Fruit

17

Breakfast Pork Fried Rice Fruit

Lunch from USA Popcorn Chicken Mashed Potatoes & Gravy Corn Fruit

All meals meat USDA requirements for Healthy, Hunger Free Children

20

Breakfast Stuffed Bagel Fruit

Lunch Cheesy Breadsticks Marinara Dipping Sauce Daily Vegetable Fruit

21

Breakfast Breakfast Pizza Fruit & Juice

Lunch Orange Chicken Rice Daily Vegetable

22

No School

Parent Teacher Conferences

23

Breakfast Egg & Cheese Croissant Sandwich Fruit & Juice

Lunch Bistek Rice Vegetable & Fruit 24

Breakfast Benefit Bar Fruit

Lunch Breaded Chicken Sandwich Potato Wedges

At lunch, you are required to take a fruit or vegetable and at least 2 other items (Milk is optional)

27

Breakfast Muffin Fruit

Lunch Chicken Alfredo Pasta Daily Vegetable Mandarin Oranges

28

Breakfast French Toast Sticks Fruit & Juice

Lunch Beef Nachos w/ Cheese Sauce Black Beans

29

Breakfsat Croissant Scrambled Eggs Fruit

Lunch Corn Dog Smile Fries Tropical Fruit Mix 30

Breakfast Sausage & Cheese Biscuit Sandwich Fruit & Juice

Lunch Chicken Drumstick Red Rice Fruit & Vegetable

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Breakfast Breakfast on a Stick Fruit

Halloween Lunch Cheese Pizza Daily Vegetable & Fruit Cheetos!



Every Meal you have a choice of low fat white milk or fat free chocolate or Strawberry Milk

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