



# GDOE Middle & High Schools

# SEP

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**1**

Labor Day - No School  
  
Follow us on Instagram  
  
at  
  
Sodexoschoolsguam

**2**

Breakfast  
French Toast Sticks  
Fruit & Juice  
  
Lunch  
Beef or Pork Nachos  
w/ Cheese Sauce  
Black Beans  
Fruit

**3**

Breakfast  
Croissant  
Scrambled Eggs  
Fruit  
  
Lunch  
Corn Dog or  
Hot Dog  
Smile Fries  
Tropical Fruit Mix

**4**

Breakfast  
Sausage & Cheese  
Biscuit Sandwich  
Fruit & Juice  
  
Lunch  
Chicken Drumstick or  
Popcorn Chicken  
Red Rice  
Salad

**5**

Breakfast  
Breakfast on a Stick  
Fruit  
  
Lunch  
Cheese Pizza or  
Pepperoni Pizza  
Daily Vegetable  
Fruit

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

**8**

Breakfast  
Stuffed Bagel  
Fruit  
  
Lunch  
Salisbury Steak  
w/ Rice & Gravy  
or Corn Dog  
Daily Vegetable  
Mandarin Oranges

**9**

Breakfast  
Breakfast Pizza  
Fruit & Juice  
  
Lunch  
Teriyaki Chicken w/  
Yakisoba or  
Rice  
Beans  
Fruit

**10**

Breakfast  
Mini Pancakes  
Fruit  
  
Lunch  
Cheeseburger or  
Hamburger  
Potato Wedges  
Fruit

**11**

Breakfast  
Biscuit Sandwich w/  
Egg & Cheese  
Fruit & Juice  
  
Lunch  
Chili w/ Hot Dog or  
Teriyaki Beef Dippers  
Rice  
Vegetable

**12**

Breakfast  
Sausage & Rice  
Fruit  
  
Lunch  
Cheesy Breadsticks w/  
Marinara or  
Turkey and Cheese Sandwich  
Vegetable & Fruit

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

**15**

Breakfast  
Muffin  
Fruit  
  
Lunch  
Chicken Nuggets or  
Swedish Meatballs  
Rice  
Daily Vegetable  
Fruit

**16**

Breakfast  
French Toast Sticks  
Fruit & Juice  
  
Lunch  
Beef or Chicken Nachos  
w/ Cheese Sauce  
Black Beans  
Fruit

**17**

Breakfast  
Breakfast on a Stick  
Fruit  
  
Lunch  
Teriyaki Beef Dippers w/  
Yakisoba or Rice  
Daily Vegetable  
Fruit

**18**

Breakfast  
English Muffin Sandwich  
w/ Sausage & Cheese  
Fruit & Juice  
  
Lunch  
Eggless Loco Moco or  
Beef Bulgogi  
Rice  
Fruit

**19**

Breakfast  
Pork Fried Rice  
Fruit  
  
Lunch  
Popcorn Chicken Bowl  
Regular or Spicy  
Mashed Potatoes & Gravy  
Roll O& corn  
Fruit

All meals meet USDA requirements for Healthy, Hunger Free Children

**22**

Breakfast  
Stuffed Bagel  
Fruit  
  
Lunch  
Cheesy Breadsticks w/  
Marinara or  
Pepperoni Pizza  
Daily Vegetable  
Fruit

**23**

Breakfast  
Breakfast Pizza  
Fruit & Juice  
  
Lunch  
Orange Chicken or  
Spicy General Tso's Chicken  
Vegetable  
Fruit

**24**

Breakfast  
Mini Pancakes  
Fruit  
  
Lunch  
Hot Dog or  
BBQ Pork Rib Patty  
Pork and Beans  
Fruit

**25**

Breakfast  
Croissant Sandwich w/  
Egg & cheese  
Fruit & Juice  
  
Lunch  
Bistek or  
Chicken Estufao  
Rice  
Vegetable & Fruit

**26**

Breakfast  
Benefit Bar  
Fruit  
  
Lunch  
Breaded Chicken Sandwich  
Regular or Spicy  
Potato Wedges  
Fruit

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

**29**

Breakfast  
Muffin  
Fruit  
  
Lunch  
Chicken Alfredo Pasta or  
Penne w/ Spaghetti Sauce &  
Meatballs  
Vegetable  
Fruit

**30**

Breakfast  
French Toast Sticks  
Fruit & Juice  
  
Lunch  
Beef or Pork Nachos  
w/ Cheese Sauce  
Black Beans  
Fruit

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

USDA is an equal opportunity provider, employer, and lender.