



GUAM DEPARTMENT OF EDUCATION

SY 2025 – 2026 August - December

GDOE K-5 Breakfast MENU




WEEK OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NUTRIENTS
8/4 – 8/8 9/1 – 9/5 9/29 – 10/3 10/27 – 10/31 11/24 – 11/28	Pancake (2ea) Syrup (1tbsp) FRUIT (1c) MILK (8fl.oz)	Stir Fry Rice (1/2c) Scrambled Eggs (1oz) Baked Ham (1oz) FRUIT (1c) MILK (8fl.oz)	Grilled Cheese (1ea) With American Cheese FRUIT (1c) MILK (8fl.oz)	PB&J (1ea) FRUIT (1c) MILK (8fl.oz)	Yogurt (1ea) Cereal (1ea) FRUIT (1c) MILK (8fl.oz)	<u>Average Nutrients</u> Calories: 449 Sodium: 394mg S. Fat: 6.69%
8/11 – 8/15 9/8 – 9/45 10/6 – 10/10 11/3 – 11/7 12/1 – 12/5	Biscuit (1ea) Country Gravy (1oz) FRUIT (1c) MILK (8fl.oz)	Brown Rice (1/2c) Sausage Patty (1ea) FRUIT (1c) MILK (8fl.oz)	Cinnamon Toast (1ea) Jelly (1ea) FRUIT (1c) MILK (8fl.oz)	Waffles (2ea) Syrup (1oz) FRUIT (1c) MILK (8fl.oz)	Toast (1ea) Scrambled Eggs (2oz) FRUIT (1c) MILK (8fl.oz)	<u>Average Nutrients</u> Calories: 433 Sodium: 408mg S. Fat: 6.82%
8/18 – 8/22 9/15 – 9/19 10/13 – 10/17 11/10 – 11/14 12/ 8 – 12/12	Cereal (1ea) Yogurt (1ea) FRUIT (1c) MILK (8fl.oz)	Biscuit (1ea) Jelly (1ea) Sausage Patty (1ea) FRUIT (1c) MILK (8fl.oz)	Grilled Cheese (1ea) With American Cheese FRUIT (1c) MILK (8fl.oz)	Brown Rice (1/2c) Cheese Omelet (1ea) FRUIT (1c) MILK (8fl.oz)	Brown Rice (1/2c) Sausage Link (2ea) FRUIT (1c) MILK (8fl.oz)	<u>Average Nutrients</u> Calories: 452 Sodium: 496mg S. Fat: 8.74%
8/25 – 8/29 9/22 – 9/26 10/20 – 10/24 11/17 – 11/21 12/15 – 12/19	Biscuit (1ea) Country Gravy (1oz) FRUIT (1c) MILK (8fl.oz)	Pancake (2ea) Bacon (2slice) Syrup (1oz) FRUIT (1c) MILK (8fl.oz)	French Toast (2ea) Sausage Link (1ea) Syrup (1oz) FRUIT (1c) MILK (8fl.oz)	Ham Sandwich (1ea) FRUIT (1c) MILK (8fl.oz)	Cereal (1ea) FRUIT (1c) MILK (8fl.oz)	<u>Average Nutrients</u> Calories: 464 Sodium: 474mg S. Fat: 7.00%

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:  5/28/25