



**GUAM DEPARTMENT OF EDUCATION**  
**SY 2021-2022 AUGUST – DECEMBER**  
**GDOE Head Start LUNCH MENU**



WEEK OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NUTRIENTS
8/9 9/6 10/4 11/1 11/29	CHICKEN NUGGETS (5 pcs) W/ BROWN RICE (1/2c) KETCHUP (1 pkt)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	WW CHEESEBURGER (1ea) KETCHUP (1pkt)  BABY CARROT (1/2c) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	BEEF & BROCCOLI (2 oz) W/ BROWN RICE (1/2c)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	FISH FILLET (2ea) W/ BROWN RICE (1/2c) KETCHUP (1pkt) TARTAR SAUCE (2 TBSP)  STEAMED BROCCOLI (1/2c) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	5" PEPPERONI PIZZA (1ea)  CORN (1/2c) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	<u>Average Nutrients</u>  Calories: 560 Sodium: 961 S. Fat: 9.2%
8/16 9/13 10/11 11/8 12/6	SPAGHETTI (1/2c)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	WW CHEESEBURGER (1ea) KETCHUP (1pkt)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	HOT DOG on WW BUN (1 ea) KETCHUP (1 pkt)  POTATO WEDGES (3/4c) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	BEEF & BROCCOLI (2 oz) W/ BROWN RICE (1/2c)  BABY CARROT (1/2c) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	CHICKEN TENDER (3pcs) W/ BROWN RICE (1/2c)  STEAMED BROCCOLI (1/2c) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	<u>Average Nutrients</u>  Calories: 501 Sodium: 796 S. Fat: 8.8%
8/23 9/20 10/18 11/15 12/13	CHICKEN NUGGETS (5 pcs) W/ BROWN RICE (1/2c) KETCHUP (1 pkt)  BABY CARROT (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	TUNA SANDWICH (1ea) TORTILLA CHIPS (5pcs)  POTATO WEDGES (3/4c) KETCHUP (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	<b>HAM &amp; CHEESE SANDWICH (1ea)</b> KETCHUP (1pkt)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	5" PEPPERONI PIZZA (1ea)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	GARLIC PIZZA (1ea) MARINARA SAUCE (2oz)  <b>BABY CARROT (1/2c)</b> <b>RANCH DRESSING (1pkt)</b> FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	<u>Average Nutrients</u>  Calories: 579 Sodium: 1089 S. Fat: 9.8%
8/30 9/27 10/25 11/22	HOT DOG on WW BUN (1 ea) KETCHUP (2pkt)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	GARLIC PIZZA (1ea) MARINARA SAUCE (3oz)  POTATO WEDGES (1c) KETCHUP (2pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	<b>HAM &amp; CHEESE SANDWICH (1ea)</b> KETCHUP (2pkt)  <b>BABY CARROT (3/4c)</b> <b>RANCH DRESSING (1pkt)</b> FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	SPAGHETTI (1/2c) w/ DINNER ROLL (1ea)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	BBQ CHICKEN (2 oz) W/ RED BROWN RICE (1/2c)  <b>BABY CARROT (3/4c)</b> <b>RANCH DRESSING (1pkt)</b> FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	<u>Average Nutrients</u>  Calories: 573 Sodium: 1203 S. Fat: 9.9%

DUE TO UNFORESEEN CIRCUMSTANCES THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

**"This institution is an equal opportunity provider and employer."**

As of July 19, 2021