

## Guam Head Start Menu



### **MONDAY**

### **TUESDAY**

#### WEDNESDAY

## **THURSDAY**

# **FRIDAY**

Thank you for participating in our February Survey!

We will share results in April on our April Menus



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Breakfast Mini Pancakes Fruit Lunch Cheese Pizza Daily Vegetable Fruit

#### Lunch Includes your CHOICE of Fruit or Vegetable (or both)

No School

Chamoru Heritage Day

Breakfast
Benefit Bar
Fruit

Lunch
Pork Tacos
Pinto Beans
Daily Fruit

Breakfast
French Toast Sticks
Fruit

Lunch
Salisbury Steak
W/ Rice
Daily Vegetable
Fruit

Breakfast
Ham & Egg on a Biscuit
Fruit
Lunch
Bistek w/ Rice (b)
Daily Vegetable
Fruit

7

Breakfast
Cheese Omelet
W/ Rice
Fruit
Lunch
Breaded Fish Sandwich
Fruit & Vegetable

Our Menus follow USDA guidelines for school nutrition serving a variety of whole grains weekly

11

4

Breakfast Cold Cereal Fruit

Lunch Breaded Chicken Sandwich Potato Wedges Fruit

12

Breakfast Sausage (p) w/Rice Fruit

> Lunch Beef Nachos Cheese Sauce Black Beans Daily Fruit

Breakfast Breakfast Pizza (t)

Lunch Orange Chicken Rice Caesar Salad Fruit Breakfast
Breakfast on a Stick (t)

Fruit

Lunch
Eggless Loco Moco (b)
Rice
Daily Vegetable
Fruit

Breakfast Muffin Fruit Iunch Cheese Pizza

Daily Vegetable

Assorted Fruit

15

Follow us on Instagram at Sodexoschoolsguam to see what today's meal looks like

18

Breakfast Strawberry Stuffed Bagel Fruit

Lunch
Penne Pasta
w/ Meat (b) Sauce
Vegetable
Fruit

19

Breakfast Sausage Breakfast Sandwich (p) on an English Muffin Fruit

> Lunch Pork Tacos Pinto Beans Fruit

20

13

Breakfast Fried Rice w/ Ham & Egg (P) Fruit

Lunch BBQ Pork Rib Sandwich Daily Vegetable Fruit 21

Breakfast Mini Pancakes Fruit

Lunch Chili w/ Hot Dog Rice Daily Vegetable Fruit Breakfast Cheese Omelet

Lunch
Cheesy Breadsticks
w/ Marinara
Vegetable

w/ Rice

Assorted Fruit

Milk is OPTIONAL at Lunch time Only (required at breakfast)



NO SCHOOL SPRING
BREAK

NO FOOLING
SEE YOU APRIL 1



Menus are subject to change due to product availability

This institution is an equal opportunity provider.



