



Guam Head Start Menu

APR

MONDAY



TUESDAY

1

Breakfast
Breakfast Sandwich
w/ Sausage & Cheese

Lunch
Beef Nachos

Snack
Fresh Orange

WEDNESDAY

2

Breakfast
Breakfast Pizza

Lunch
Corn Dog
Smile Fries

Snack
Cereal Bar

THURSDAY

3

Breakfast
Breakfast on a Stick

Lunch
Chili w/ Hot Dog & Rice

Snack
Fresh Apple

FRIDAY

4

Breakfast
Stuffed Bagel

Lunch
Cheese Pizza

Snack
Graham Crackers

AM Headstart is fed Breakfast and Lunch Daily (All Meals come with Milk)

7

Breakfast
Bagel w/ Cream Cheese

Lunch
Chicken Alfredo Pasta

Snack
Graham Crackers

8

Breakfast
Bacon & Egg
Breakfast Sandwich

Lunch
Pork Carnitas
Spanish Rice

Snack
Fresh Orange

9

Breakfast
Benefit Bar

Lunch
Salisbury Steak & Rice

Snack
Cereal Bar

10

Breakfast
Mini Pancakes

Lunch
Chicken Drumstick
Red Rice

Snack
Fresh Apple

11

Breakfast
Cereal or Cereal Bar

Lunch
Cheesy Breadsticks
w/ Marinara

Snack
Graham Crackers

PM Headstart is fed Lunch and a Snack Daily (All meals come with Milk)

14

15

SPRING
BREAK



17

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All Day (Duration Programs) Headstart is fed Breakfast, Lunch and a Snack Daily (All come with Milk)

21

Breakfast
Benefit Bar

Lunch
Breaded Chicken Burger

Snack
Graham Crackers

22

Breakfast
Mini Chicken
Breakfast Sandwich

Lunch
Chicken Taco

Snack
Orange

23

Breakfast
Cheese Omelet

Lunch
BBQ Pork Rib
Sandwich

Snack
Cereal Bar

24

Breakfast
Frudel

Lunch
Bistek & Rice

Snack
Apple

25

Breakfast
French Toast Sticks

Lunch
Popcorn Chicken
Mashed Potatoes and Gravy

Snack
Graham Crackers

Breakfast, Lunch and Snack are served with 1% white milk

28

Breakfast
Muffin

Lunch
Swedish Meatballs

Snack
Graham Crackers

29

Breakfast
Sausage Breakfast Sandwich

Lunch
Beef Nachos

Snack
Orange

30

Breakfast
Breakfast Pizza

Lunch
Corn Dog
Smile Fries

Snack
Cereal Bar

Download our App
For Menus
and
Nutritional Information



Breakfast includes a fruit serving and Lunch includes both vegetables and a fruit serving

This institution is an equal opportunity provider.