BRIGHT BITES KITCHEN @ Guam Headstart

AUG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3		5 Breakfast consists of 3 items, entree (grain and/or meat), Fruit and Milk		7 At Lunch 5 components are offered and 3 at minimum must be taken one of which has to be a fruit or vegetable

All Meals meet USDA nutritional requirements for healthy, hunger free children

10	11	12	13	14 Breakfast Cheesy Scrambled Eggs w/ Rice Lunch Cheese Pizza Fruit & Vegetable Snack Scooby Snacks (a Graham treat)

White milk comes with every meal and snack

17 Breakfast Cold Cereal New Cocoa loops Lunch Salisbury Steak w/ Rice & Gravy Snack Graham Crackers	18 Breakfast Sausage & Cheese Breakfast Sandwich Lunch Chicken Yakisoba Pinto Beans Snack Fresh Fruit	19 Breakfast Breakfast Pizza Lunch Cheese Burger Potato Wedges Snack Cereal Bar	20 Breakfast Croissant w/ Cheesy Eggs Lunch Beef Bulgogi & Rice Snack Fresh Fruit	21 Breakfast Mini Pancakes Lunch Cheesy Breadsticks w/ Marinara Carrots & Ranch Snack Scooby Snacks

Breakfast comes with Fruit and Lunch is served with Fruit and Vegetables

24 Breakfast Muffin Lunch Orange Chicken & Rice Snack Graham Crackers	25 Breakfast Ham & Cheese Breakfast Sandwich Lunch Beef Nachos w/ Cheese Sauce Black Beans Snack Fresh Fruit	26 Breakfast French Toast Sticks Lunch Pasta w/ Meatballs Salad Snack Cereal Bar	27 Breakfast Sausage & Cheese Breakfast Burger Lunch Eggless Loco Moco w/ Rice Snack Fresh Fruit	28 Breakfast Local Cinnamon Roll Lunch Popcorn ChickenMashed Potatoes & Gravy Snack Scooby Snacks

We offer a variety of Fruits and vegetables throughout the week

31 Breakfast Benefit Bar Lunch Breaded Chicken Sandwich Potato Wedges Snack Graham Crackers		nutrislice Scan to download the Nutrislice app from the App Store	Download our app for current menu information including nutritional and allergens. Follow us on instagram at sodexoschoolsguam	nutrislice Scan to download the Nutrislice app from the Google Play Store

7/17/26

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