# Guam Middle & High Schools

# AUG

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **3** |  | **5**<br>Breakfast consists of 3 items entree (grain and/or meat), Fruit and Milk |  | **7**<br>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

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| **10**<br>Welcome Back Breakfast!<br>Muffin<br>Fruit<br>Welcome Back Lunch<br>Corn Dog or<br>Hot Dog<br>Smile Fries<br>Fruit<br>Cookie | **11**<br>Breakfast<br>Sausage & Cheese<br>Breakfast Burger<br>Fruit<br>Lunch<br>Beef or Chicken Nachos<br>w/ Cheese Sauce<br>Black Beans<br>Fruit | **12**<br>Breakfast<br>French Toast Sticks<br>Fruit<br>Lunch<br>Chicken Alfredo Pasta or<br>Pasta w/ Meatballs<br>Salad<br>Fruit | **13**<br>Breakfast<br>Ham & Cheese<br>Breakfast Croissant<br>Fruit<br>Lunch<br>Breaded Drumstick or<br>BBQ Drumstick<br>Red Rice<br>Vegetable & Fruit | **14**<br>Breakfast<br>Cheesy Scrambled Eggs<br>w/ RiceFruit<br>Lunch<br>Cheese Pizza orPepperoni Pizza<br>Fruit & Vegetable |

Breakfast includes a choice of whole white milk or reduced fat white milk

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| **17**<br>Breakfast<br>Assorted Cold Cereal<br>New Cocoa loopsFruit<br>Lunch<br>Salisbury Steak w/<br>Rice & Gravy or<br>Corn Dog<br>Fruit & Vegetable | **18**<br>Breakfast<br>Sausage & Cheese<br>Breakfast Sandwich<br>Fruit<br>Lunch<br>Chicken Yakisoba<br>or Beef Yakisoba Pinto Beans<br>Fruit | **19**<br>Breakfast<br>Breakfast PizzaFruit<br>Lunch<br>Cheese Burger or<br>NEW Pika Cheese Burger<br>Potato Wedges<br>Fruit | **20**<br>Breakfast<br>Croissant w/ Cheesy EggsFruit<br>Lunch<br>Beef Bulgogi & Rice orShredded Pork<br>& Rice<br>Fruit & Vegetable | **21**<br>Breakfast<br>Mini PancakesFruit<br>Lunch<br>Cheesy Breadsticks<br>w/ Marinara orTurkey & Cheese<br>Sandwich<br>Carrots & Ranch<br>Fruit |

Lunch includes a choice of white milk or fat free strawberry or chocolate milk

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| **24**<br>Breakfast<br>MuffinFruit<br>Lunch<br>Orange Chicken or<br>Spicy General Tsos Chicken<br>RiceVegetables<br>Daily Fruit | **25**<br>Breakfast<br>Ham & Cheese<br>Breakfast SandwichFruit<br>Lunch<br>Beef or Chicken Nachos<br>w/ Cheese SauceBlack Beans<br>Daily Fruit | **26**<br>Breakfast<br>French Toast Sticks<br>Fruit<br>Lunch<br>Pasta w/ Meatballs or<br>Chicken Alfredo Pasta<br>Salad<br>Fruit of the Day | **27**<br>Breakfast<br>Sausage & Cheese<br>Breakfast SandwichFruit<br>Lunch<br>Eggless Loco Moco or<br>Chili w/ Hot Dog<br>Rice<br>Daily Vegetable<br>Fruit | **28**<br>Breakfast<br>Local Cinnamon Roll<br>Fruit<br>Lunch<br>Popcorn ChickenRegular or Spicy<br>Mashed Potatoes & Gravy<br>Vegetable<br>Fruit |

Cold Cereal is offered as a second breakfast choice every day

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| **31**<br>Breakfast<br>Benefit Bar<br>Fruit<br>Lunch<br>Breaded Chicken Sandwich<br>Regular or Spicy<br>Potato Wedges<br>Fruit | | nutrislice<br>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<br>Scan to download the Nutrislice app from the Google Play Store |

7/17/26

We offer a variety of fruits and vegetables throughout each week

This institution is an equal opportunity provider