



Guam Head Start Menu

FEB

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Breakfast
Muffin

Lunch
Meatballs & Rice

Snack
Graham Crackers

4

Breakfast
Breakfast Sandwich
w/ Sausage & Cheese

Lunch
Beef Nachos

Snack
Fresh Orange

5

Breakfast
Breakfast Pizza

Lunch
Corn Dog & Smile Fries

Snack
Cereal Bar

6

Breakfast
Bagel w/ Cream Cheese

Lunch
Chile w/ Hot Dog & Rice

Snack
Fresh Apple

7

Breakfast
Breakfast on a Stick

Lunch
Cheese Pizza

Snack
Graham Crackers

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

10

Breakfast
Stuffed Bagel

Lunch
Chicken Alfredo Pasta

Snack
Graham Crackers

11

Breakfast
Bacon & Egg
Breakfast Sandwich

Lunch
Pork Carnitas
Spanish Rice

Snack
Fresh Orange

12

Breakfast
French Toast Sticks

Lunch
Salisbury Steak & Rice

Snack
Cereal Bar

13

Breakfast
Mini Pancakes

Lunch
Chicken Drumstick
Red Rice

Snack
Fresh Apple

14

Breakfast
Fried Rice w/ Ham & Egg

Lunch
Cheesy Breadsticks
w/ Marinara
Cookie

Snack
Graham Crackers

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

17

Breakfast
Muffin

Lunch
Teriyaki Burger
Potato Wedges

Snack
Graham Cracker

18

Breakfast
Mini Chicken
Breakfast Sandwich

Lunch
Chicken Nuggets

Snack
Orange

19

Breakfast
Breakfast Pizza

Lunch
Orange Chicken & Rice

Snack
Cereal Bar

20

Breakfast
Apple Frudel

Lunch
Eggless Loco Moco
w/ Rice

Snack
Fresh Apple

21

Breakfast
Breakfast on a Stick

Lunch
Pepperoni Pizza

Snack
Graham Cracker

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

24

Breakfast
Stuffed Bagel

Lunch
Breaded Chicken Burger

Snack
Graham Crackers

25

Breakfast
Sausage & Cheese
Breakfast Sandwich

Lunch
Chicken Taco

Snack
Orange

26

Breakfast
Cheese Omelet

Lunch
BBQ Pork Rib
Sandwich

Snack
Cereal Bar

27

Breakfast
Mini Pancakes

Lunch
Bistek & Rice

Snack
Apple

28

Breakfast
Benefit Bar

Lunch
Popcorn Chicken Bowl
w/ Mashed Potatoes & Gravy
Dinner Roll

Snack
Graham Crackers

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

Download our
App from the App Store
or Google Play

For current menus
and nutritional information

nutrislice

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*agarrido
sicruz*

1.21.25

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

This institution is an equal opportunity provider.