



Guam Head Start Menu

JAN

MONDAY



TUESDAY

WEDNESDAY

nutrislice

THURSDAY

Introducing our new APP ²
Available to download Now
Access current menus
and full
nutritional information

FRIDAY



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

6

Breakfast
Muffin

Lunch
Swedish Meatballs
Rice

Snack
Graham Crackers

7

Breakfast
Sausage & Cheese
Breakfast Sandwich

Lunch
Nachos w/
Taco Meat & Cheese

Snack
Fresh Orange

8

Breakfast
Breakfast Pizza

Lunch
Corn Dog & Smile Fries

Snack
Cereal Bar

9

Breakfast
Bagel w/ Cream Cheese

Lunch
Chili w/ Hot Dog
Rice

Snack
Fresh Apple

10

Breakfast
Breakfast on a Stick

Lunch
Cheese Pizza

Snack
Graham Crackers

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

13

Breakfast
Stuffed Bagel

Lunch
Chicken Alfredo Pasta

Snack
Graham Cracker

14

Breakfast
Bacon & Egg
Breakfast Sandwich

Lunch
Pork Carnitas
Rice & Beans

Snack
Orange

15

Breakfast
French Toast Sticks

Lunch
Salisbury Steak w/ Rice

Snack
Cereal Bar

16

Breakfast
Mini Pancakes

Lunch
Breaded Drumstick w/
Red Rice

Snack
Fresh Apple

17

Breakfast
Fried Rice w/ Ham & Egg

Lunch
Cheesy Breadsticks
w/ Marinara

Snack
Graham Cracker

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



21

Breakfast
Chicken & Biscuit
Breakfast Sandwich

Lunch
Nuggets & Rice

Snack
Orange

22

Breakfast
Breakfast Pizza

Lunch
Orange Chicken & Rice

Snack
Cereal Bar

23

Breakfast
Fruited

Lunch
Eggless Loco Moco

Snack
Apple

24

Breakfast
Breakfast on a Stick

Lunch
Pepperoni Pizza

Snack
Graham Crackers

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

27

Breakfast
Stuffed Bagel

Lunch
Breaded Chicken Sandwich

Snack
Graham Crackers

28

Breakfast
Sausage & Cheese
Breakfast Sandwich

Lunch
Chicken Taco

Snack
Orange

29

Breakfast
Cheese Omelet w/ Rice

Lunch
BBQ Pork Rib Sandwich

Snack
Cereal Bar

30

Breakfast
Mini Pancakes

Lunch
Bistek w/ Rice

Snack
Apple

31

Breakfast
Benefit Bar

Lunch
Popcorn Chicken w/
Mashed Potatoes & Gravy

Snack
Graham Crackers

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

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12/10/24

This institution is an equal opportunity provider.