



# Guam MS & HS Menu

# JAN

## MONDAY



## TUESDAY

Follow us on  
Instagram at  
Sodexoschoolsguam

## WEDNESDAY

## THURSDAY

Download our APP  
Nutrislice  
on either The Apple store  
or Google Play

## FRIDAY

**nutrislice**

A Variety of Fruits and Vegetables are offered weekly including Fresh, Frozen and Canned

5

NO School

6

Breakfast  
Muffin  
Fruit & Juice  
  
Lunch  
Beef OR Pork Nachos w/  
Cheese Sauce  
Beans  
Fruit

7

Breakfast  
French Toast Sticks  
Fruit  
  
Lunch  
Chicken Alfredo Pasta  
or Penne Pasta w/ Meatballs  
Daily Fruit  
Vegetable

8

Breakfast  
Ham & Cheese Croissant  
Breakfast Sandwich  
Fruit & Juice  
  
Lunch  
Drumstick or  
Popcorn Chicken  
Red Rice  
Daily Vegetable

9

Breakfast  
Breakfast on a Stick  
Fruit  
  
Lunch  
Cheese Pizza or  
Pepperoni Pizza  
Vegetable & Fruit

Cold Cereal is offered daily (except Thursday) as a 2nd breakfast Option

12

Breakfast  
Stuffed Bagel  
Fruit  
  
Lunch  
Salisbury Steak w/ Gravy  
Rice  
or Corn Dog  
Daily Vegetable  
Fruit

13

Breakfast  
Mini Pancakes  
Fruit & Juice  
  
Lunch  
Yakisoba  
w/ Chicken or Beef  
Pinto beans  
Daily Fruit

14

Breakfast  
Breakfast Pizza  
Fruit  
  
Lunch  
Cheese Burger or  
Hamburger  
Potato Wedges  
Daily Fruit

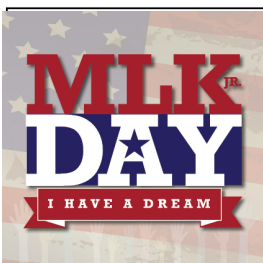
15

Breakfast  
Sausage & Cheese  
Breakfast Sandwich  
Fruit & Juice  
  
Lunch  
Pulled Pork or  
Beef Bulgogi  
Rice  
Cucumber Salad

16

Breakfast  
Cheesy Scrambled Eggs  
Rice  
Fruit  
  
Lunch  
Cheesy Breadsticks  
Marinara sauce or  
Turkey & Cheese Sandwich  
Carrots w/ Ranch

All meals meet USDA requirements for Healthy, Hunger Free Children



20

Breakfast  
Sausage and Rice  
Fruit & Juice  
  
Lunch  
Nachos w/ Beef  
or Chicken  
Cheese Sauce  
Black Beans  
Daily Fruit

21

Breakfast  
French Toast Sticks  
Fruit  
  
Lunch  
Pasta w/ Meatballs or  
Chicken Alfredo  
Caesar Salad  
Fruit

22

Breakfast  
Egg & Cheese Croissant  
Breakfast Sandwich  
Fruit & Juice  
  
Lunch  
Loco Moco or  
Chili w/ Hot Dog  
Rice  
Daily Vegetable

23

Breakfast  
Cinnamon Roll  
Fruit  
  
Lunch  
Popcorn Chicken  
Regular or Spicy  
Mashed Potatoes & Gravy  
Corn  
Fruit

At lunch, you are required to take a fruit or vegetable and at least 2 other items (Milk is optional)

26

Breakfast  
Benefit Bar  
Fruit  
  
Lunch  
Chicken Sandwich  
Regular or Spicy  
Potato Wedges  
Fruit

27

Breakfast  
Mini Pancakes  
Fruit & Juice  
  
Lunch  
Chicken Nuggets or  
Teriyaki Beef Dippers  
Rice  
Daily Vegetable  
Fruit

28

Breakfast  
Breakfast Pizza  
Fruit  
  
Lunch  
Hot Dog or  
BBQ Pork Rib Patty  
Pork & Beans  
Fruit

29

Breakfast  
Sausage & Cheese  
Breakfast Sandwich  
Fruit & Juice  
  
Lunch  
Bistek or  
Chicken Estufao  
Rice  
Daily Vegetable

30

Breakfast  
Pork Fried Rice  
Fruit  
  
Lunch  
Cheesy Breadsticks w/  
Marinara Sauce or  
Pepperoni Pizza  
Carrots w/ Ranch  
Fruit

Every Meal you have a choice of low fat white milk or fat free chocolate or Strawberry Milk

This institution is an equal opportunity provider

12/5/25