



Guam Head Start Menu

MAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Guam History and CHamoru Heritage Day	4 Breakfast Breakfast Sandwich w/ Sausage & Cheese Lunch Beef Nachos Snack Fresh Orange	5 Breakfast Muffin Lunch Cheesy Breadsticks Corn Snack Cereal Bar	6 Breakfast Breakfast on a Stick Lunch Chili w/ Hot Dog & Rice Snack Fresh Apple	7 Breakfast Bagel w/ Cream Cheese Lunch Cheese Pizza Snack Graham Crackers
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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 Fried Rice w/ Ham & Egg Lunch Chicken Drumstick Red Rice Snack Fresh Apple	14 Breakfast Mini Pancakes Lunch Cheesy Breadsticks w/ Marinara Snack Graham Crackers
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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 Breakfast on a Stick Lunch Eggless Loco Moco w/ Rice Snack Fresh Apple	21 Breakfast Apple Frudel Lunch Cheese Pizza Snack Graham Cracker
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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 Macaroni & Cheese Snack Graham Crackers
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Breakfast, Lunch and Snack are served with 1% white milk

31 Breakfast Muffin Lunch Swedish Meatballs Snack Graham Crackers	Download our App from the App Store or Google Play For current menus and nutritional information		Follow us on Instagram at Sodexoschoolsguam	
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Breakfast includes a fruit serving and Lunch includes both vegetables and a fruit serving

This institution is an equal opportunity provider.