

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Guam History and CHamoru Heritage Day</p>	<p>4</p> <p>Breakfast Sausage & Cheese Breakfast Sandwich Fruit & Juice</p> <p>Lunch Nachos with Beef or Pork & Cheese Sauce Black Beans Fruit</p>	<p>5</p> <p>Breakfast Muffin Fruit</p> <p>Lunch Cheesy Breadsticks w/ Marinara or Corn Dog Vegetable & Fruit</p>	<p>6</p> <p>Breakfast Breakfast on a Stick Fruit & Juice</p> <p>Lunch Chili w/ Hot Dog or Teriyaki Beef Dippers Rice Fruit & Vegetable</p>	<p>7</p> <p>Breakfast Bagel w/ Cream Chese Fruit</p> <p>Lunch Cheese or Pepperoni Pizza Fruit and Vegetable</p>
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Milk is available at all meals: 1% white or Non fat Strawberry or Chocolate

<p>10</p> <p>Breakfast Stuffed Bagel Fruit</p> <p>Lunch Chicken Alfredo Pasta or Penne with Spaghetti Sauce Fruit & Vegetable</p>	<p>11</p> <p>Breakfast Bacon & Egg Breakfast Sandwich Fruit & Juice</p> <p>Lunch Pork Carnitas or Chicken Spanish Rice Beans Fruit</p>	<p>12</p> <p>Breakfast French Toast Sticks Fruit</p> <p>Lunch Salisbury Steak or Corn Dog Rice Fruit & Vegetable</p>	<p>13</p> <p>Breakfast Fried Rice w/ Ham & Egg Fruit & Juice</p> <p>Lunch Breaded Drumstick or Popcorn Chicken Red Rice Daily Vegetable Fruit</p>	<p>14</p> <p>Breakfast Mini Pancakes Fruit</p> <p>Lunch Cheesy Breadstick w/ Marinara Sauce or Turkey and Cheese Sandwich Vegetable & Fruit Cookie</p>
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Cold Cereal offered every day except Tuesdays as an option for Breakfast (instead of the menu item)

<p>17</p> <p>Breakfast Muffin Fruit</p> <p>Lunch Teriyaki Burger or Cheese Burger Potato Wedges Fruit</p>	<p>18</p> <p>Breakfast Breakfast Sandwich w/ Mini Chicken Patty Fruit & Juice</p> <p>Lunch Chicken Nuggets or Pork Carnitas Rice & Beans Fruit</p>	<p>19</p> <p>Breakfast Breakfast Pizza Fruit</p> <p>Lunch Orange Chicken or General Tso's Chicken Rice Vegetable of the Day Fruit</p>	<p>20</p> <p>Breakfast Breakfast on a Stick Fruit & Juice</p> <p>Lunch Eggless Loco Moco w/ Rice or Hot Dog Vegetable & Fruit</p>	<p>21</p> <p>Breakfast Apple Frudel Fruit</p> <p>Lunch Cheese or Pepperoni Pizza Daily Vegetable Fruit</p>
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<p>24</p> <p>Breakfast Stuffed Bagel Fruit</p> <p>Lunch Breaded Chicken Sandwich Regular or Spicy Vegetables Fruit</p>	<p>25</p> <p>Breakfast Sausage & Cheese Breakfast Sandwich Fruit & Juice</p> <p>Lunch Chicken or Beef Soft Tacos Beans Fruit</p>	<p>26</p> <p>Breakfast Cheese Omelet Rice Fruit</p> <p>Lunch Pork Rib Sandwich or BBQ Pork Sandwich Caesar Salad Fruit</p>	<p>27</p> <p>Breakfast Mini Pancakes Fruit & Juice</p> <p>Lunch Bistek or Chicken Estufao Rice Vegetable Fruit</p>	<p>28</p> <p>Breakfast Benefit Bar Fruit</p> <p>Lunch Macaroni & Cheese or or Turkey & Cheese Sandwich Graham Cracker Vegetable Fruit</p>
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At Lunch you are required to take either a fruit or Veg (or both) and 2 other components, milk is optional

<p>31</p> <p>Breakfast Muffin Fruit</p> <p>Lunch Swedish Meatballs or Chicken Nuggets Rice Fruit & Vegetable</p>	<p>Download our nutritional App</p> <p>At the App Store or Google Play</p>	<p>nutrislice</p>	<p>Follow us on Instagram at Sodexoschoolsguam</p>	<p>n</p>
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