



Guam Head Start Menu

OCT

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Breakfast:
Breakfast Pizza

Lunch
Beef Nachos
Black Beans

Snack
Cereal Bar

2

Breakfast
Sausage and Rice

Lunch
Corn Dog
Green Salad

Snack
Fresh Orange

3

Breakfast
Breakfast on a Stick

Lunch
Chili w/ Hot Dog & Rice

Snack
Fresh Apple

4

Breakfast
Bagel w/ Cream Cheese

Lunch
Cheese Pizza

Snack
Graham Crackers

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

7

Breakfast
Stuffed Bagel

Lunch
Pasta w/ Meat Sauce

Snack
Baby Carrots

8

Breakfast
Biscuit Sandwich w/
Bacon & Egg

Lunch
Pork & Spanish Rice

Snack
Cereal Bar

9

Breakfast
French Toast Sticks

Lunch
Salisbury Steak & Rice

Snack
Fresh Orange

10

Breakfast
Mini Pancakes

Lunch
Drumstick w/ Red Rice
Cucumber Salad

Snack
Fresh Apple

11

Breakfast
Fried Rice w/ Ham & Egg

Lunch
Cheesy Breadsticks
w/ Marinara Sauce

Snack
Graham Crackers

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

14

Breakfast
Muffin

Lunch
Breaded Chicken Burger
Potato Wedges

Snack
Baby Carrots

15

Breakfast
Breakfast on a Stick

Lunch
Nuggets w/ Rice

Snack
Cereal Bar

16

Breakfast
Breakfast Pizza

Lunch
Orange Chicken w/ Rice
Caesar Salad

Snack
Fresh Orange

17

Breakfast
Apple Frudel

Lunch
Eggless Loco Moco

Snack
Fresh Apple

18

Breakfast
Breakfast Chicken & Biscuit

Lunch
Pepperoni Pizza

Snack
Muffin

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

21

Breakfast
Stuffed Bagel

Lunch
Cheese Burger

Snack
Scooby Snacks

22

Breakfast
English Muffin w/
Sausage and Cheese

Lunch
Chicken & Spanish Rice

Snack
Cereal Bar

23

Breakfast
Cheese Omelet w/ Rice

Lunch
BBQ Pork Sandwich

Snack
Graham Crackers

24

Breakfast
Mini Pancakes

Lunch
Bistek & Rice

Snack
Fresh Apple

25

Breakfast
Benefit Bar

Lunch
Popcorn Chicken
Mashed Potatoes & Gravy
Dinner Roll

Snack
Fresh Orange

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

28

Breakfast
Muffin

Lunch
Swedish Meatballs w/ Rice

Snack
Scooby Snacks

29

Breakfast
Breakfast Pizza

Lunch
Beef Nachos w/ Cheese Sauce

Snack
Cereal Bar

30

Breakfast
Sausage and Rice

Lunch
Chicken Corn Dog

Snack
Orange

31

Breakfast
Breakfast on a Stick

Lunch
Chili w/ Hot Dog and Rice
Baked Cheetos!

Snack
Apple

*vicruz
abgarrido*

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

This institution is an equal opportunity provider.