Guam Middle & High Schools

OCT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
nutrislice Scan to download the Nutrislice app from the App Store	Download our App for Current menu information including nutrition and allergen details	nutrislice Scan to download the Nutrislice app from the Google Play Store	**1** Breakfast Croissant Cheesy Eggs Fruit & Juice Lunch Bistek OR Chicken Estufao Rice Fruit & Vegetable	**2** BreakfastMini Pancakes Fruit Lunch Cheese Breadsticks w/ Marinara OR Pepperoni Pizza Carrots w/ Ranch Fruit
All Meals meet USDA nutritional requirements for healthy, hunger free children				
5 Breakfast Muffin Fruit Lunch Corn Dog or Hot Dog Smile Fries Fruit	**6** Breakfast Sausage & Cheese Breakfast Burger Fruit & Juice Lunch Beef or Chicken Nachos w/ Cheese Sauce Black Beans Fruit	**7** Breakfast French Toast Sticks Fruit Lunch Chicken Alfredo Pasta or Pasta w/ Meatballs Salad Fruit	**8** Breakfast Ham & Cheese Breakfast Croissant Fruit & Juice Lunch Breaded Drumstick or BBQ Drumstick Red Rice Vegetable & Fruit	**9** Breakfast Cheesy Scrambled Eggs w/ RiceFruit Lunch Cheese Pizza orPepperoni Pizza Fruit & Vegetable
Breakfast includes a choice of whole white milk or reduced fat white milk				
12 Breakfast Assorted Cold Cereal New Cocoa loopsFruit Lunch Salisbury Steak w/ Rice & Gravy or Corn Dog Fruit & Vegetable	**13** Breakfast Sausage & Cheese Breakfast SandwichFruit & Juice Lunch Chicken Yakisobaor Beef Yakisoba Pinto Beans Fruit	**14** Breakfast Breakfast PizzaFruit Lunch Cheese Burger or NEW Pika Cheese Burger Potato Wedges Fruit	**15** Breakfast Croissant w/ Cheesy EggsFruit & Juice Lunch Beef Bulgogi & Rice orShredded Pork & Rice Fruit & Vegetable	**16** Breakfast Mini PancakesFruit Lunch Cheesy Breadsticks w/ Marinara orTurkey & Cheese Sandwich Carrots & Ranch Fruit
Lunch includes a choice of white milk or fat free strawberry or chocolate milk				
19 Breakfast MuffinFruit Lunch Orange Chicken or Spicy General Tsos Chicken RiceVegetables Daily Fruit	**20** Breakfast Ham & Cheese Breakfast SandwichFruit & Juice Lunch Beef or Chicken Nachos w/ Cheese SauceBlack Beans Daily Fruit PTC Middle School	**21** Breakfast French Toast SticksFruit Lunch Pasta w/ Meatballs orChicken Alfredo Pasta Salad Fruit of the Day PTC-High School	**22** Breakfast Sausage & Cheese Breakfast SandwichFruit & Juice Lunch Eggless Loco Moco orChili w/ Hot Dog Rice Daily Vegetable Fruit	**23** Breakfast Local Cinnamon RollFruit Lunch Popcorn ChickenRegular or Spicy Mashed Potatoes & Gravy Vegetable Fruit
Cold Cereal is offered as a second breakfast choice every day				
26 BreakfastCold Cereal Fruit Lunch Breaded Chicken SandwichRegular or Spicy Potato Wedges Fruit	**27** Breakfast Sausage & Cheese Breakfast Sandwich Fruit & Juice Lunch Chicken Nuggets or Teriyaki Beef Dippers Rice Fruit & Vegetable	**28** Breakfast Breakfast Pizza Fruit Lunch Hot Dog OR Meatball Sub Pork & Beans Fruit	**29** Breakfast Croissant w/ Cheesy Eggs Fruit & Juice Lunch Bistek OR Chicken Estufao Rice Fruit & Vegetable	**30** Breakfast Mini Pancakes Fruit LUNCH Cheesy Breadsticks OR Pepperoni Pizza Vegetable Fruit Cheetos

9/15/26

We offer a variety of fruits and vegetables throughout each week

This institution is an equal opportunity provider