



Guam Head Start Menu

SEP

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Breakfast:
Breakfast Pizza

Lunch
Beef Nachos
Black Beans

Snack
Cereal Bar

4

Breakfast
Sausage and Rice

Lunch
Corn Dog
Green Salad

Snack
Fresh Orange

5

Breakfast
Breakfast on a Stick

Lunch
Chili w/ Hot Dog & Rice

Snack
Fresh Apple

6

Breakfast
Bagel w/ Cream Cheese

Lunch
Cheese Pizza

Snack
Graham Crackers

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

9

Breakfast
Cinnamon Stuffed Bagel

Lunch
Pasta w/ Meat Sauce

Snack
Baby Carrots

10

Breakfast
Biscuit Sandwich w/
Bacon & Egg

Lunch
Pork & Spanish Rice

Snack
Cereal Bar

11

Breakfast
French Toast Sticks

Lunch
Swedish Meatballs & Rice

Snack
Fresh Orange

12

Breakfast
Mini Pancakes

Lunch
Drumstick w/ Red Rice
Caesar Salad

Snack
Fresh Apple

13

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)

16

Breakfast
Blueberry Muffin

Lunch
Breaded Chicken Burger
Potato Wedges

Snack
Baby Carrots

17

Breakfast
Breakfast on a Stick

Lunch
Nuggets w/ Rice

Snack
Cereal Bar

18

Breakfast
Breakfast Pizza

Lunch
Orange Chicken w/ Rice
Caesar Salad

Snack
Fresh Orange

19

Breakfast
Apple Frudel

Lunch
Eggless Loco Moco

Snack
Fresh Apple

20

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)

23

Breakfast
Strawberry Stuffed Bagel

Lunch
Cheese Burger

Snack
Scooby Snacks

24

Breakfast
English Muffin w/
Sausage and Cheese

Lunch
Chicken & Spanish Rice

Snack
Cereal Bar

25

Breakfast
Cheese Omelet w/ Rice

Lunch
BBQ Pork Sandwich

Snack
Graham Crackers

26

Breakfast
Mini Pancakes

Lunch
Bistek & Rice

Snack
Fresh Apple

27

Breakfast
Benefit Bar

Lunch
Popcorn Chicken
Mashed Potatoes & Gravy

Snack
Fresh Orange

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

30

Breakfast
Chocolate Chip Muffin

Lunch
Swedish Meatballs w/ Rice

Snack
Scooby Snacks

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For Nutrition news

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

This institution is an equal opportunity provider.