



Guam MS & HS Menu

FEB

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Breakfast Muffin Fruit Lunch Corn Dog or Hot Dog Smile Fries Fruit	3 Breakfast Sausage & Rice Fruit & Juice Lunch Nachos with Cheese Sauce & Beef or Pork Beans Fruit	4 Breakfast French Toast Sticks Fruit Lunch Chicken Alfredo Pasta or Penne Pasta w/ Meatballs Salad Fruit	5 Breakfast Ham & Cheese Breakfast Sandwich Fruit & Juice Lunch Drumstick or Popcorn Chicken Red Rice Fruit & Vegetable	6 Breakfast Breakfast on a Stick Fruit Lunch Cheese or Pepperoni Pizza Fruit Vegetable
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A Variety of Fruits and Vegetables are offered weekly including Fresh, Frozen and Canned

9 NO School	10 Breakfast Mini Pancakes Fruit & Juice Lunch Yakisoba w/ Chicken or Beef Beans Fruit	11 Breakfast Breakfast Pizza Fruit Lunch Cheese Burger or Hamburger Daily Fruit Vegetable	12 Breakfast Sausage & Cheese Breakfast Sandwich Fruit & Juice Lunch Pork Carnitas or Beef Bulgogi Rice Daily Vegetable	13 Breakfast Scrambled Eggs w/ Cheese Fruit Lunch Popcorn Chicken Regular or Spicy Mashed Potatoes & Gravy Vegetable & Fruit
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Cold Cereal is offered daily (except Thursday) as a 2nd breakfast Option

16 Breakfast Muffin Fruit Lunch Orange Chicken or Spicy General Tso's Chicken Rice Daily Vegetable Fruit	17 Breakfast Sausage & Rice Fruit & Juice Lunch Nachos w/ Cheese Sauce and Beef or Chicken Black Beans Fruit	18 Breakfast French Toast Sticks Fruit Lunch Cheese or Pepperoni Pizza Vegetable Daily Fruit	19 Breakfast Egg & Cheese Breakfast Sandwich Fruit & Juice Lunch Loco Moco or Chili w/ Hot Dog Rice Vegetable	20 Breakfast Cinnamon Roll Fruit Lunch Cheesy Breadsticks Marinara sauce or Turkey & Cheese Sandwich Vegetable Fruit
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All meals meet USDA requirements for Healthy, Hunger Free Children

23 Breakfast Benefit Bar Fruit Lunch Breaded Chicken Sandwich Regular or Spicy Potato Wedges Fruit	24 Breakfast Mini Pancakes Fruit & Juice Lunch Chicken Nuggets or Teriyaki Beef Dippers Rice Vegetables Daily Fruit	25 Breakfast Breakfast Pizza Fruit Lunch Hot Dog or BBQ Pork Rib Sandwich Pork & Beans Fruit	26 Breakfast Sausage & Cheese Breakfast Sandwich Fruit & Juice Lunch Bistek or Chicken Estufao Rice Daily Vegetable	27 Breakfast Stuffed Bagel Fruit Lunch Fish Sandwich or Pepperoni Pizza Vegetables Fruit
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At lunch, you are required to take a fruit or vegetable and at least 2 other items (Milk is optional)

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Every Meal you have a choice of low fat white milk or fat free chocolate or Strawberry Milk



1/21/26

This institution is an equal opportunity provider