Guam Middle & High Schools

NOV

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School All Souls Day	**3** No School	**4** Breakfast French Toast Sticks Fruit Lunch Chicken Alfredo Pasta orPasta with Meatballs Vegetable Fruit	**5** Breakfast Ham & Cheese Breakfast Sandwich Fruit & Juice Lunch Breaded or GlazedDrumstick Red Rice Fruit & Vegetable	**6** BreakfastCheesy Eggs Rice Fruit Lunch Cheese Pizza or Pepperoni Pizza Vegetable Fruit
All Meals meet USDA nutritional requirements for healthy, hunger free children				
9 Breakfast Cereal Fruit Lunch Salisbury Steak W/ Rice and Gravy or Corn Dog Vegetable Fruit	**10** Breakfast Sausage & Cheese Breakfast Sandwich Fruit & Juice Lunch Chicken or BeefYakisoba Pinto Beans Fruit	**11** Veterans Day No School	**12** Breakfast Breakfast on a Stick Fruit & Juice Lunch Beef Bulgogi or Shredded Pork Rice Vegetable & Fruit	**13** Breakfast MIni Pancakes Fruit Lunch Cheesy Breadsticks w/Marinara or Turkey Sandwich Fruit & Vegetable
Breakfast includes a choice of whole white milk or reduced fat white milk				
16 Breakfast MuffinFruit Lunch Orange Chicken or Spicy General Tso's Chicken Rice Fruit & Vegetable	**17** Breakfast Sausage & Cheese Breakfast SandwichFruit & Juice Lunch Beef or ChickenNachos w/ Queso Black Beans Fruit	**18** Breakfast French Toast SticksFruit Lunch Pasta w/ Meatballs orChicken Alfredo Pasta Salad Fruit	**19** BreakfastHam and Cheese CroissantFruit & Juice Lunch Loco Moco orChili w/ Hot Dog Rice Fruit & Vegetable	**20** Breakfast Cinnamon RollFruit Lunch Pepperoni Pizza orCheese Pizza Vegetable Fruit
Lunch includes a choice of white milk or fat free strawberry or chocolate milk				
23 Breakfast Cold CerealFruit Lunch Breaded Chicken SandwichRegular or Spicy Vegetable Daily Fruit	**24** Breakfast Sausage & Cheese Breakfast SandwichFruit & Juice Thanksgiving Lunch Turkey Gravy and Mashed Potatoes Corn, Roll Fruit & Cookie	**25** Breakfast Breakfast PizzaFruit Lunch Hot Dog orMeatball Sub Pork & Beans Fruit of the Day		
Cold Cereal is offered as a second breakfast choice every day				
30 BreakfastMuffin Fruit Lunch Corn Dog orHot Dog Smile Fries Fruit		nutrislice	Follow us on Instagram at Sodexoschoolsguam for Current menus, download our App For all nutrition and allergen information	



10/22/26

We offer a variety of fruits and vegetables throughout each week

This institution is an equal opportunity provider