GUAM DEPARTMENT OF EDUCATION
SY 2026 – 2027 August – December
GDOE High School Lunch MENU

WEEK OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NUTRIENTS
8/10/26-8/14/26 9/7/26-9/11/26 10/05/26-10/09/26 11/02/26-11/06/26 11/30/26-12/4/26	Tuna Sandwich (1ea) Tortilla Chips (10pcs) Cheese sauce (3oz) VEGETABLE OF THE DAY (1c) FRESH FRUIT (1c) MILK (8fl.oz)	Spaghetti (1c) Meat sauce (4oz) Dinner Roll (1ea) VEGETABLE OF THE DAY (1¼c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1c) MILK (8fl.oz)	Red Brown Rice (1c) Local BBQ Chicken (2oz) VEGETABLE OF THE DAY (1c) FRESH FRUIT (1c) MILK (8fl.oz)	Brown Rice (1c) Beef Goulash (4oz) VEGETABLE OF THE DAY (1¼c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1c) MILK (8fl.oz)	Hotdog (1ea) Ketchup Pkt (1ea) Potato Wedge (1c) FRESH FRUIT (1c) MILK (8fl.oz)	**Average Nutrients** **Calories: 775** **Sodium: 950mg** **S. Fat: 5.37%**
8/17/26-8/21/26 9/14/26-9/18/26 10/12/26-10/16/26 11/09/26-11/13/26 12/7/26-12/11/26	Brown Rice (1c) Chicken Nuggets (10pcs) Ketchup Pkt (2ea) VEGETABLE OF THE DAY (1c) FRESH FRUIT (1c) MILK (8fl.oz)	Taco Salad (1ea) Tortilla Chips (10pcs) Cheese Sauce (3oz) VEGETABLE OF THE DAY (1¼c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1c) MILK (8fl.oz)	Brown Rice (1c) Beef & Broccoli (4oz) VEGETABLE OF THE DAY (1c) FRESH FRUIT (1c) MILK (8fl.oz)	Brown Rice (1c) Chili (2oz) Hotdog (2oz) VEGETABLE OF THE DAY (1¼c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1c) MILK (8fl.oz)	Sloppy Joe (1ea) VEGETABLE OF THE DAY (1c) FRESH FRUIT (1c) MILK (8fl.oz)	**Average Nutrients** **Calories: 770** **Sodium: 956mg** **S. Fat: 5.42%**
8/24/26-8/28/26 9/21/26-9/25/26 10/19/26-10/23/26 11/16/26-11/20/26 12/14/26-12/18/26	Tuna Sandwich (1ea) Tortilla Chips (10pcs) Cheese Sauce (3oz) VEGETABLE OF THE DAY (1c) FRESH FRUIT (1c) MILK (8fl.oz)	Spaghetti (1c) Meat sauce (4oz) Dinner Roll (1ea) VEGETABLE OF THE DAY (1¼c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1c) MILK (8fl.oz)	Brown Rice (1c) Pork Adobo (4oz) VEGETABLE OF THE DAY (1c) FRESH FRUIT (1c) MILK (8fl.oz)	Cheese Burger (1ea) American Cheese (2sl) VEGETABLE OF THE DAY (1¼c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1c) MILK (8fl.oz)	Hotdog (2ea) Ketchup Pkt (1pkt) VEGETABLE OF THE DAY (1c) FRESH FRUIT (1c) MILK (8fl.oz)	**Average Nutrients** **Calories: 763** **Sodium: 937mg** **S. Fat: 5.50%**
8/31/26-9/4/26 9/28/26-10/02/26 10/26/26-10/30/26 11/23/26-11/27/26	Brown Rice (1c) Beef Goulash (4oz VEGETABLE OF THE DAY (1c) FRESH FRUIT (1c) MILK (8fl.oz)	Brown Rice (1c) Chicken Stir Fry (6oz) VEGETABLE OF THE DAY (1¼c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1c) MILK (8fl.oz)	Brown Rice (1c) Italian Chicken (4oz) VEGETABLE OF THE DAY (1c) FRESH FRUIT (1c) MILK (8fl.oz)	Brown Rice (1c) Beef Tinaktak (4oz) VEGETABLE OF THE DAY (1¼c) RANCH DRESSING (2 Tbsp) FRESH FRUIT (1c) MILK (8fl.oz)	Brown Rice (1c) Chicken Teriyaki (6oz) VEGETABLE OF THE DAY (1c) FRESH FRUIT (1c) MILK (8fl.oz)	**Average Nutrients** **Calories: 762** **Sodium: 1007mg** **S. Fat: 5.52%**

9/11/26

DUE TO UNFORESEEN CIRCUMSTANCES THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

"This institution is an equal opportunity provider and employer."

As of 09/11/26

FNSMD Reviewed & Approved: