



# GUAM DEPARTMENT OF EDUCATION

## SY 2021-2022 AUGUST – DECEMBER

### GDOE Head Start LUNCH MENU




WEEK OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NUTRIENTS
<b>8/9</b> <b>9/6</b> <b>10/4</b> <b>11/1</b> <b>11/29</b>	CHICKEN NUGGETS (5 pcs) W/ BROWN RICE (1/2c) KETCHUP (1 pkt)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	WW CHEESEBURGER (1ea) KETCHUP (1pkt)  BABY CARROT (1/2c) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	BEEF & BROCCOLI (2 oz) W/ BROWN RICE (1/2c)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	FISH FILLET (2ea) W/ BROWN RICE (1/2c) KETCHUP (1pkt) TARTAR SAUCE (2 TBSP)  STEAMED BROCCOLI (1/2c) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	5" PEPPERONI PIZZA (1ea)  CORN (1/2c) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	<u><b>Average Nutrients</b></u>  <b>Calories:</b> 560 <b>Sodium:</b> 961 <b>S. Fat:</b> 9.2%
<b>8/16</b> <b>9/13</b> <b>10/11</b> <b>11/8</b> <b>12/6</b>	SPAGHETTI (1/2c)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	WW CHEESEBURGER (1ea) KETCHUP (1pkt)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	HOT DOG on WW BUN (1 ea) KETCHUP (1 pkt)  POTATO WEDGES (3/4c) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	BEEF & BROCCOLI (2 oz) W/ BROWN RICE (1/2c)  BABY CARROT (1/2c) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	CHICKEN TENDER (3pcs) W/ BROWN RICE (1/2c)  STEAMED BROCCOLI (1/2c) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	<u><b>Average Nutrients</b></u>  <b>Calories:</b> 501 <b>Sodium:</b> 796 <b>S. Fat:</b> 8.8%
<b>8/23</b> <b>9/20</b> <b>10/18</b> <b>11/15</b> <b>12/13</b>	CHICKEN NUGGETS (5 pcs) W/ BROWN RICE (1/2c) KETCHUP (1 pkt)  BABY CARROT (1/2c) <b>RANCH DRESSING (1pkt)</b> FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	TUNA SANDWICH (1ea) TORTILLA CHIPS (5pcs)  <b>POTATO WEDGES (3/4c)</b> <b>KETCHUP (1pkt)</b> FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	<b>HAM &amp; CHEESE SANDWICH (1ea)</b> KETCHUP (1pkt)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	5" PEPPERONI PIZZA (1ea)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	GARLIC PIZZA (1ea) MARINARA SAUCE (2oz)  <b>BABY CARROT (1/2c)</b> <b>RANCH DRESSING (1pkt)</b> FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	<u><b>Average Nutrients</b></u>  <b>Calories:</b> 579 <b>Sodium:</b> 1089 <b>S. Fat:</b> 9.8%
<b>8/30</b> <b>9/27</b> <b>10/25</b> <b>11/22</b>	HOT DOG on WW BUN (1 ea) KETCHUP ( <b>2pkt</b> )  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	GARLIC PIZZA (1ea) MARINARA SAUCE ( <b>3oz</b> )  POTATO WEDGES ( <b>1c</b> ) <b>KETCHUP (2pkt)</b> FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	HAM & CHEESE SANDWICH (1ea) <b>KETCHUP (2pkt)</b>  <b>BABY CARROT (3/4c)</b> <b>RANCH DRESSING (1pkt)</b> FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	SPAGHETTI (1/2c) w/ DINNER ROLL (1ea)  LOCAL SALAD (1/2c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	BBQ CHICKEN ( <b>2 oz</b> ) W/ RED BROWN RICE (1/2c)  BABY CARROT ( <b>3/4c</b> ) <b>RANCH DRESSING (1pkt)</b> FRESH FRUIT (1/2c) 1% MILK (8fl.oz)	<u><b>Average Nutrients</b></u>  <b>Calories:</b> 573 <b>Sodium:</b> 1203 <b>S. Fat:</b> 9.9%

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

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

As of July 19, 2021

(LEA) FNS Reviewed & Approved: Charleen Hadap 7/19/21

State Agency for Child Nutrition Program, Reviewed & Approved: Matt Sablan   
 7/22/2021