



GUAM DEPARTMENT OF EDUCATION

SY 2021-2022 AUGUST – DECEMBER

GDOE K-5 LUNCH MENU



WEEK OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NUTRIENTS
8/9 9/6 10/4 11/1 11/29	CHICKEN NUGGETS (5 pcs) W/ BROWN RICE (1/2c) KETCHUP (1 pkt) LOCAL SALAD (1 ¼ c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) MILK (8fl.oz)	WG POLLOCK NUGGETS (4ea) W/ BROWN RICE (1/2c) KETCHUP (1pkt) TARTAR SAUCE (2 TBSP) BABY CARROT (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	BEEF & BROCCOLI (2 oz) W/ BROWN RICE (1c) LOCAL SALAD (1 ¼ c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) MILK (8fl.oz)	WW CHEESEBURGER (1ea) KETCHUP (1pkt) STEAMED BROCCOLI (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	5" CHEESE PIZZA (1ea) CORN (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Average Nutrients Calories: 579 Sodium: 980 S. Fat: 5.5%
8/16 9/13 10/11 11/8 12/6	SPAGHETTI (1/2c) w/ DINNER ROLL (1ea) LOCAL SALAD (1 ¼ c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) MILK (8fl.oz)	WW CHEESEBURGER (1ea) KETCHUP (1pkt) LOCAL SALAD (1 ¼ c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) MILK (8fl.oz)	HOT DOG on WW BUN (1 ea) KETCHUP (1 pkt) POTATO WEDGES (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	BEEF & BROCCOLI (2 oz) W/ BROWN RICE (1c) BABY CARROT (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	CHICKEN TENDER (3pcs) W/ BROWN RICE (1/2c) STEAMED BROCCOLI (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Average Nutrients Calories: 577 Sodium: 934 S. Fat: 6.3%
8/23 9/20 10/18 11/15 12/13	CHICKEN NUGGETS (5 pcs) W/ BROWN RICE (1/2c) KETCHUP (1 pkt) BABY CARROT (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	TUNA SANDWICH (1ea) TORTILLA CHIPS (5pcs) STEAMED BROCCOLI (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	5" CHEESE PIZZA (1ea) LOCAL SALAD (1 ¼ c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) MILK (8fl.oz)	WW CHEESEBURGER (1ea) KETCHUP (1pkt) LOCAL SALAD (1 ¼ c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) MILK (8fl.oz)	GARLIC PIZZA (1ea) MARINARA SAUCE (2oz) CORN (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Average Nutrients Calories: 565 Sodium: 1007 S. Fat: 7%
8/30 9/27 10/25 11/22	HOT DOG on WW BUN (1 ea) KETCHUP (1pkt) LOCAL SALAD (1 ¼ c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) MILK (8fl.oz)	GARLIC PIZZA (1ea) MARINARA SAUCE (2oz) POTATO WEDGES (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	HAM & CHEESE SANDWICH (1ea) STEAMED BROCCOLI (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	SPAGHETTI (1/2c) w/ DINNER ROLL (1ea) LOCAL SALAD (1 ¼ c) RANCH DRESSING (1pkt) FRESH FRUIT (1/2c) MILK (8fl.oz)	BBQ CHICKEN (2 oz) W/ RED BROWN RICE (1c) BABY CARROT (3/4c) FRESH FRUIT (1/2c) MILK (8fl.oz)	Average Nutrients Calories: 583 Sodium: 1067 S. Fat: 8.4%

DUE TO UNFORESEEN CIRCUMSTANCES THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE
 "This institution is an equal opportunity provider and employer."

As of July 26, 2021

(LEA) FNSMD Reviewed & Approved: Charleen Hadap 7/26/21
 State Agency for Child Nutrition Program, Reviewed & Approved:
 Matthew L.G. Sablan
 7/29/21