



GUAM DEPARTMENT OF EDUCATION

SY 2021-2022 AUGUST – DECEMBER

GDOE OKKODO LUNCH MENU



WEEK OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NUTRIENTS
8/9 9/6 10/4 11/1 11/29	CHICKEN NUGGETS (8 pcs) W/ BROWN RICE (1c) KETCHUP (2 pkt) LOCAL SALAD (1 ½ c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	WG POLLOCK NUGGETS (4ea) W/ BROWN RICE (1c) KETCHUP (1pkt) TARTAR SAUCE (3 TBSP) CARROTS (1c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	TACO SALAD (1 serving) TORTILLA CHIPS (10pcs) CHEESE SAUCE (2 Tbsp) LOCAL SALAD (1 ½ c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	WW CHEESEBURGER (1ea) KETCHUP (1pkt) MAYO (1pkt) LOCAL SALAD (1 ½ c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	5" CHEESE PIZZA (1ea) MARINARA SAUCE (2oz) KETCHUP (1pkt) POTATO WEDGES (1c) FRESH FRUIT (1c) MILK (8fl.oz)	Average Nutrients Calories: 753 Sodium: 1354 S. Fat: 6.4%
8/16 9/13 10/11 11/8 12/6	SPAGHETTI (1c) w/ DINNER ROLL (1 ea) LOCAL SALAD (1 ½ c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	WW CHEESEBURGER (1ea) KETCHUP (2pkt) MAYO (1pkt) POTATO WEDGES (1c) FRESH FRUIT (1c) MILK (8fl.oz)	HOT DOG on WW BUN (1 ea) KETCHUP (1 pkt) MAYO (1 pkt) CHILI CON CARNE (1/4c) LOCAL SALAD (1 ½ c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	BEEF & BROCCOLI (4 oz) W/ BROWN RICE (1c) CARROTS (1c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	CHICKEN TENDERS (3pcs) W/ BROWN RICE (1c) KETCHUP (1 pkt) LOCAL SALAD (1 ½ c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	Average Nutrients Calories: 773 Sodium: 1335 S. Fat: 7.5%
8/23 9/20 10/18 11/15 12/13	CHICKEN NUGGETS (13 pcs) W/ BROWN RICE (1c) KETCHUP (2 pkts) LOCAL SALAD (1 ½ c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	TUNA SANDWICH (1ea) TORTILLA CHIPS (10pcs) CHEESE SAUCE (2 Tbsp) LOCAL SALAD (1 ½ c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	5" CHEESE PIZZA (1ea) MARINARA SAUCE (2oz) CARROTS (1c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	TACO SALAD (1 serving) TORTILLA CHIPS (10pcs) CHEESE SAUCE (3 Tbsp) LOCAL SALAD (1 ½ c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	GARLIC PIZZA (1ea) MARINARA SAUCE (2oz) KETCHUP (1pkt) POTATO WEDGES (1c) FRESH FRUIT (1c) MILK (8fl.oz)	Average Nutrients Calories: 757 Sodium: 1340 S. Fat: 6.5%
8/30 9/27 10/25 11/22	HOT DOG on WW BUN (1 ea) W/ CHILI (1/4c) TORTILLA CHIPS (5pcs) LOCAL SALAD (1 ½ c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	GARLIC PIZZA (1ea) MARINARA SAUCE (2oz) KETCHUP (1pkt) POTATO WEDGES (1c) FRESH FRUIT (1c) MILK (8fl.oz)	BEEF & BROCCOLI (4 oz) W/ BROWN RICE (1c) LOCAL SALAD (1 ½ c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	SPAGHETTI (1c) w/ DINNER ROLL (1ea) CARROTS (1c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	BBQ CHICKEN (2 oz) W/ RED BROWN RICE (1c) LOCAL SALAD (1 ½ c) RANCH DRESSING (1pkt) FRESH FRUIT (1c) MILK (8fl.oz)	Average Nutrients Calories: 760 Sodium: 1292 S. Fat: 8.3%

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

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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