DoDEA Pacific Guam Schools-Slementary & Middle School Lunch Menu – October 1, 2012-October 31, 2012

October 2012

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SANDWICH & SALAD BAR **TOPPINGS** STATION

Open Daily!

It's Simple:

- 1. Purchase your Meal, which includes the Salad Basics.
- 2. Proceed to the Salad Bar Toppings Station & Select your favorite toppings for your Salad or Sandwich.
- 3. Enjoy a Variety of Garden Fresh Vegetables.

Points of Contact:

McCool EMS Kitchen (671) 339-2778

> Andersen EMS Kitchen (671) 366-1655

Guam High Kitchen (671) 344-7223

Monday Tuesday

Wednesday

Thursday

Friday

2 (4oz) Penne Pasta w/ (2oz) BBQ Chicken (2oz) Meat Sauce (3oz) Brown Rice

(3oz) Italian Style Green **Beans**

1

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(4oz) Fresh Cantaloupe **Chilled Assorted Milk**

(3oz) Steamed Broccoli

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(4oz) Fresh Honeydew **Chilled Assorted Milk**

3 (2oz) Meatloaf w/ (1oz) Brown Gravy & Whole Wheat Roll

(3oz) Mashed Potatoes

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(1)-4oz Fresh Banana **Chilled Assorted Milk** (2oz) Pork Stir Fry (3oz) Brown Rice

(3oz) Steamed Corn

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(4oz) Fresh Cantaloupe

Chilled Assorted Milk

5

(4oz) Mild Chili Mac w/ (2oz) Ground Beef

(3oz) Seasoned Carrots

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(4oz) Fresh Honeydew **Chilled Assorted Milk**

Columbus



(2oz) Meatballs w/ (3oz) Marinara Sauce on **Whole Wheat Bun**

(3oz) Steamed Broccoli

(4oz) Fresh Garden Salad w/ (1oz) Shredded **Carrots**

(4oz) Fresh Honeydew **Chilled Assorted Milk**

10

(2oz) Chicken Fajitas w/ (2oz) Grilled Bell Peppers & Onions on 6" Flour Tortilla

(3oz) Refried Beans

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(1)-4oz Fresh Banana **Chilled Assorted Milk** 11

4

(2oz) Sweet 'N Sour Pork (4oz) Brown Rice (3oz) Steamed Corn

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(4oz) Fresh Cantaloupe **Chilled Assorted Milk**

12

19

1ea - (2oz) Seasoned Burger w/ Cheese on Whole Wheat Bun

(3oz) Sweet Potato Fries

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(4oz) Fresh Honeydew **Chilled Assorted Milk**

15

1ea - Slice Cheesy pizza w/ (2oz) Seasoned **Ground Beef**

(3oz) Carrot Sticks

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(4oz) Fresh Cantaloupe **Chilled Assorted Milk**

16

(2oz) Chicken Nuggets w/ Whole Wheat Roll

(3oz) Steamed Broccoli w/ (1oz) Cheese Sauce (4oz) Fresh Garden Salad w/ (1oz) Shredded

1ea - (2oz) Beef Burrito (4oz) Brown rice

(3oz) Mexicali Corn

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

18

1ea - (2oz) BBQ Pulled Pork on Whole Wheat Bun

(3oz) Steamed Green **Beans**

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

Professional Development



Carrots (1)-4oz Fresh Banana (4oz) Fresh Honeydew **Chilled Assorted Milk** (4oz) Fresh Cantaloupe **Chilled Assorted Milk**

Chilled Assorted Milk

1ea - (2oz) Beef Taco

(3oz) Brown Rice

(3oz) Seasoned Carrots

(4oz) Fresh Garden Salad

1ea - (2oz) Hot Dog on Whole Wheat Bun

(3oz) Potato Wedges

(4oz) Fresh Garden Salad w/ (1oz) Shredded **Carrots**

(4oz) Fresh Honeydew

Chilled Assorted Milk

22

(4oz) Spaghetti & (2oz) Meatballs

(3oz) Steamed Green **Beans**

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(4oz) Fresh Cantaloupe **Chilled Assorted Milk**

(2oz) Chicken Nuggets w/ Whole Wheat Roll

(3oz) Broccoli w/ (1oz) Cheese Sauce

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(4oz) Fresh Honeydew

Chilled Assorted Milk

(2oz) Chicken Adobo w/ (4oz) Brown Rice

(3oz) Celery Sticks

(4oz) Fresh Garden Salad w/ (2oz) Shredded **Carrots**

(1)-4oz Fresh Banana **Chilled Assorted Milk**

w/ (1oz) Shredded **Carrots** (4oz) Fresh Cantaloupe

Chilled Assorted Milk

29

(4oz) Penne Pasta w/ (2oz) Meat Sauce

(3oz) Italian Style Green **Beans**

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(4oz) Fresh Cantaloupe **Chilled Assorted Milk**

30

(2oz) BBQ Chicken (4oz) Brown Rice

(3oz) Steamed Broccoli

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(4oz) Fresh Honeydew **Chilled Assorted Milk**

31

(2oz) Meatloaf w/ (1oz) Brown Gravy & Whole Wheat Roll

(3oz) Mashed Potatoes

(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots

(1)-4oz Fresh Banana **Chilled Assorted Milk**

NOTE: Choice of Nonfat Chocolate Milk: Nonfat Strawberry Milk: Skim or 1% White Milk, included with each meal, Students with physician documented milk allergies will receive soy milk. Fruit portion is 1 ea or ½ cup, salad portion is 5.0 oz., dinner roll is 1.0 oz., tortilla shell for burrito and quesadilla is 3 oz., taco shell is 1.5 oz., hamburger and hot dog buns are 2.0 oz. each, pizza crust is 2 oz., garlic bread is 1.5 oz., all vegetable portions are 3 oz., all protein portions are 2 oz. Menu is subject to change due to grocery availability. IAW Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability (Not all prohibited basis apply to all programs). Prestige Foods Corporation is an Equal Opportunity Employer and Provider.