

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



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

<p><b>1</b></p> <p>(4oz) Penne Pasta w/ (2oz) Meat Sauce</p> <p>(3oz) Italian Style Green Beans</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Cantaloupe</p> <p>Chilled Assorted Milk</p>	<p><b>2</b></p> <p>(2oz) BBQ Chicken (3oz) Brown Rice</p> <p>(3oz) Steamed Broccoli</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Honeydew</p> <p>Chilled Assorted Milk</p>	<p><b>3</b></p> <p>(2oz) Meatloaf w/ (1oz) Brown Gravy &amp; Whole Wheat Roll</p> <p>(3oz) Mashed Potatoes</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(1)-4oz Fresh Banana</p> <p>Chilled Assorted Milk</p>	<p><b>4</b></p> <p>(2oz) Pork Stir Fry (3oz) Brown Rice</p> <p>(3oz) Steamed Corn</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Cantaloupe</p> <p>Chilled Assorted Milk</p>	<p><b>5</b></p> <p>(4oz) Mild Chili Mac w/ (2oz) Ground Beef</p> <p>(3oz) Seasoned Carrots</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Honeydew</p> <p>Chilled Assorted Milk</p>
<p><b>8</b></p> <p><i>Columbus Day</i></p>	<p><b>9</b></p> <p>(2oz) Meatballs w/ (3oz) Marinara Sauce <u>on</u> Whole Wheat Bun</p> <p>(3oz) Steamed Broccoli</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Honeydew</p> <p>Chilled Assorted Milk</p>	<p><b>10</b></p> <p>(2oz) Chicken Fajitas w/ (2oz) Grilled Bell Peppers &amp; Onions <u>on</u> 6" Flour Tortilla</p> <p>(3oz) Refried Beans</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(1)-4oz Fresh Banana</p> <p>Chilled Assorted Milk</p>	<p><b>11</b></p> <p>(2oz) Sweet 'N Sour Pork (4oz) Brown Rice</p> <p>(3oz) Steamed Corn</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Cantaloupe</p> <p>Chilled Assorted Milk</p>	<p><b>12</b></p> <p>1ea - (2oz) Seasoned Burger w/ Cheese <u>on</u> Whole Wheat Bun</p> <p>(3oz) Sweet Potato Fries</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Honeydew</p> <p>Chilled Assorted Milk</p>
<p><b>15</b></p> <p>1ea - Slice Cheesy pizza w/ (2oz) Seasoned Ground Beef</p> <p>(3oz) Carrot Sticks</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Cantaloupe</p> <p>Chilled Assorted Milk</p>	<p><b>16</b></p> <p>(2oz) Chicken Nuggets w/ Whole Wheat Roll</p> <p>(3oz) Steamed Broccoli w/ (1oz) Cheese Sauce</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Honeydew</p> <p>Chilled Assorted Milk</p>	<p><b>17</b></p> <p>1ea - (2oz) Beef Burrito (4oz) Brown rice</p> <p>(3oz) Mexicali Corn</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(1)-4oz Fresh Banana</p> <p>Chilled Assorted Milk</p>	<p><b>18</b></p> <p>1ea - (2oz) BBQ Pulled Pork <u>on</u> Whole Wheat Bun</p> <p>(3oz) Steamed Green Beans</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Cantaloupe</p> <p>Chilled Assorted Milk</p>	<p><b>19</b></p> <p><i>Professional Development</i></p>
<p><b>22</b></p> <p>(4oz) Spaghetti &amp; (2oz) Meatballs</p> <p>(3oz) Steamed Green Beans</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Cantaloupe</p> <p>Chilled Assorted Milk</p>	<p><b>23</b></p> <p>(2oz) Chicken Nuggets w/ Whole Wheat Roll</p> <p>(3oz) Broccoli w/ (1oz) Cheese Sauce</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Honeydew</p> <p>Chilled Assorted Milk</p>	<p><b>24</b></p> <p>(2oz) Chicken Adobo w/ (4oz) Brown Rice</p> <p>(3oz) Celery Sticks</p> <p>(4oz) Fresh Garden Salad w/ (2oz) Shredded Carrots</p> <p>(1)-4oz Fresh Banana</p> <p>Chilled Assorted Milk</p>	<p><b>25</b></p> <p>1ea - (2oz) Beef Taco (3oz) Brown Rice</p> <p>(3oz) Seasoned Carrots</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Cantaloupe</p> <p>Chilled Assorted Milk</p>	<p><b>26</b></p> <p>1ea - (2oz) Hot Dog <u>on</u> Whole Wheat Bun</p> <p>(3oz) Potato Wedges</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Honeydew</p> <p>Chilled Assorted Milk</p>
<p><b>29</b></p> <p>(4oz) Penne Pasta w/ (2oz) Meat Sauce</p> <p>(3oz) Italian Style Green Beans</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Cantaloupe</p> <p>Chilled Assorted Milk</p>	<p><b>30</b></p> <p>(2oz) BBQ Chicken (4oz) Brown Rice</p> <p>(3oz) Steamed Broccoli</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(4oz) Fresh Honeydew</p> <p>Chilled Assorted Milk</p>	<p><b>31</b></p> <p>(2oz) Meatloaf w/ (1oz) Brown Gravy &amp; Whole Wheat Roll</p> <p>(3oz) Mashed Potatoes</p> <p>(4oz) Fresh Garden Salad w/ (1oz) Shredded Carrots</p> <p>(1)-4oz Fresh Banana</p> <p>Chilled Assorted Milk</p>		