



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

NOTE: Choice of Nonfat Chocolate, Strawberry, Skim or 1% White Milk, included with each meal. Students with physician documented milk allergies will receive soy milk. Each Fruit portion is 1 ea or ½ cup, salad portion is 7 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 oz. each, pizza crust is 2 oz., garlic bread is 1.5 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.