



**GUAM DEPARTMENT OF EDUCATION
SY 2019-2020 AUGUST – OCTOBER CYCLE MENU
GDOE HEAD START / PRE-K BREAKFAST MENU**

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/13 9/9 10/7	YOGURT (1 each) OATMEAL (1/4c) FRUIT (1/2c) 1% MILK (8fl.oz)	BROWN RICE (1/2c) SCRAMBLED EGGS (1/4c) KETCHUP (1pkt) FRUIT (1/2c) 1% MILK (8fl.oz)	WW FRENCH TOAST (2 pcs) SYRUP (2 Tbsp) FRUIT (1/2c) 1% MILK (8fl.oz)	WG CEREAL (1ea) FRUIT (1/2c) 1% MILK (8fl.oz)	WW TOAST (1 SLICE) SCRAMBLED EGGS (1/4c) KETCHUP (1pkt) FRUIT (1/2c) 1% MILK (8fl.oz)
8/19 9/16 10/14	WG CEREAL (1ea) FRUIT (1/2c) 1% MILK (8fl.oz)	STIR FRY- BROWN RICE EGGS & HAM (1/2c) FRUIT (1/2c) 1% MILK (8fl.oz)	WW GRILLED CHEESE (1ea) FRUIT (1/2c) 1% MILK (8fl.oz)	BROWN RICE (1/2c) BACON (1ea) KETCHUP (1pkt) FRUIT (1/2c) 1% MILK (8fl.oz)	WW 5" WAFFLE (1 pc) SYRUP (1 Tbsp) FRUIT (1/2c) 1% MILK (8fl.oz)
8/26 9/23 10/21	YOGURT (1 each) OATMEAL (1/4c) FRUIT (1/2c) 1% MILK (8fl.oz)	WG CEREAL (1ea) FRUIT (1/2c) 1% MILK (8fl.oz)	WW GRILLED CHEESE (1ea) FRUIT (1/2c) 1% MILK (8fl.oz)	5" WW WAFFLE (1 pc) SYRUP (1 Tbsp) FRUIT (1/2c) 1% MILK (8fl.oz)	WW PEANUT BUTTER JELLY SANDWICH (1ea) FRUIT (1/2c) 1% MILK (8fl.oz)
9/2 9/30 10/28	WG CEREAL (1ea) FRUIT (1/2c) 1% MILK (8fl.oz)	WW TOAST (1 SLICE) BACON (1 SLICE) SCRAMBLED EGGS (1/4c) FRUIT (1/2c) 1% MILK (8fl.oz)	YOGURT (1 each) FRUIT (1/2c) 1% MILK (8fl.oz)	WW BAGEL (1/2 ea) & SCRAMBLED EGGS (1/4c) KETCHUP (1pkt) FRUIT (1/2c) 1% MILK (8fl.oz) JUICE (1ea)	BROWN RICE (1/2c) SAUSAGE PATTY (1ea) KETCHUP (1pkt) FRUIT (1/2c) 1% MILK (8fl.oz)

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

"This institution is an equal opportunity provider and employer."

as of: 6/28/19

Reviewed & Approved:

(LEA) FNSMD: Charleen Hadap 6/28/19

State Agency for Child Nutrition Program: Matthew Sablan 6/28/19

Head Start Director: Catherine Schroeder 6/28/19