Prestige Foods Corporation DoDEA Pacific Guam Elementary & Middle School Lunch Menu – August 27th – Septmeber30th2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Aug 6oz Spaghetti & Meatballs 3oz Steamed Green Beans Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	28 2oz Chicken Nuggets w/Whole Wheat Dinner Roll 4oz Steamed Corn Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	29 2oz Chicken Adobo w/4oz Brown Rice 3oz Herbed Cooked Carrots Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	30 2oz Beef Taco 4oz Kidney Beans Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	31 Professional Development No School
3 Sept Labor Day No School	4 2oz Hot Dog on Whole Wheat Bun 4oz Baked Beans Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	5 2oz Sweet 'N Sour Pork w/4oz Brown Rice 4oz Steamed Cauliflower Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	6 6oz Chicken Lo Mein w/Whole Wheat Roll 4oz Steamed Corn Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	7 2oz Seasoned Burger on Whole Wheat Bun 4oz Carrot Sticks Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz
10 6oz Penne Pasta w/Meat Sauce 4oz Steamed Broccoli Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	11 2oz Crispy Chicken Tenders w/Whole Wheat Roll 3oz Sautéed Summer Squash Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	12 2oz Meatloaf w/4oz Brown Rice Pilaf 3oz Sweet Peas & Carrots Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	13 American Sub Sandwich 1oz Deli Meat 1oz Cheese 4oz Baked Potato Chips Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	14 2oz BBQ Pulled Pork on Whole Wheat Bun 4oz Baja Black Beans Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz
17 2oz Beef Burrito 4oz Refried Beans Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	18 6oz Macaroni & Cheese 3oz Italian Green Beans Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	19 2oz Sloppy Joe on Whole Wheat Bun 3oz Sweet Potato Fries Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	20 2oz Chicken Teriyaki w/Rice Vegetable Casserole 4oz Corn on the Cob – 1ea Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	21 1 Slice Cheesy Pizza 3oz Celery Sticks Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz
24 6oz Spaghetti & Meatballs 3oz Steamed Green Beans Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	25 2oz Chicken Nuggets w/Whole Wheat Dinner Roll 4oz Steamed Corn Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	26 2oz Chicken Adobo w/4oz Brown Rice Pilaf 3oz Herbed Cooked Carrots Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	27 2oz Chicken Adobo w/4oz Brown Rice Pilaf 3oz Herbed Cooked Carrots Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz	28 2oz Corn Dog w/2oz Pretzels 3oz Sweet Potato Fries Fresh Garden Salad – 5oz Chilled Fruit – 1ea or 4oz Chilled Milk – 8 fl. oz

NOTE: Choice of Skim Chocolate, Strawberry, or White Milk, 1% White Milk, included with each meal. **Students with milk allergies will receive soy milk**. Fruit portion is 1 ea or 1/2 cup, salad portion is ½ cup, dinner roll is 1.5 oz., tortilla shell for Burrito and quesadilla is 3 oz., taco shell is 1.5 oz., hamburger and hot dog buns are 1.7 oz. each, pizza crust is 2 oz., garlic bread is 1.5 oz., all vegetable portions are 4 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).