

Prestige Foods Corporation DoDEA Pacific Guam Elementary School Lunch Menu – February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<b>1 CHOICE OF ENTRÉE</b>  Chicken Nuggets 4 ea w/Dinner Roll <b>OR</b> Beef Stew 3 oz w/Steamed White Rice 4 oz <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Sweet Potato Fries 4 oz Vegetable Medley 4 oz	<b>2 CHOICE OF ENTRÉE</b> 3 oz Chicken Adobo w/Brown Rice 4 oz <b>OR</b> 3 oz Sloppy Joe on Bun <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Oven Baked Cheese Fries 4 oz Corn on the Cob 1 ea	<b>3 CHOICE OF ENTRÉE</b>  Sweet 'N Sour Chicken 3 oz w/Steamed White Rice 4 oz <b>OR</b> 1-16" Slice Pepperoni Pizza <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Fresh Carrot Sticks 4 oz Steamed Broccoli 4 oz	
	<b>6 CHOICE OF ENTRÉE</b> 6 oz Beef Stroganoff w/Dinner Roll <b>OR</b> 3 oz Crispy Chicken Tenders w/Dinner Roll <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Baked Zucchini 4 oz Fresh Celery Sticks 4 oz	<b>7 CHOICE OF ENTRÉE</b>  3 oz BBQ Baked Chicken w/Red Rice 4 oz <b>OR</b> 3 oz Chicken Salad w/Ranch Toast <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Steamed Green Beans 4 oz Sautéed Garlic Spinach 4 oz	<b>8 CHOICE OF ENTRÉE</b> 6" Deli Sub Sandwich (2 oz Ham & 1 oz Cheese) <b>OR</b> 3 oz Chicken Quesadilla (6") w/Brown Rice 4 oz <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Sweet Potato Fries 4 oz Baked Beans 4 oz	<b>9 CHOICE OF ENTRÉE</b>  Chicken Nuggets 4 ea w/Dinner Roll <b>OR</b> Beef Stew 3 oz w/White Rice 4 oz <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Vegetable Medley 4 oz Oven Baked Cheese Fries 4 oz	<b>10 CHOICE OF ENTRÉE</b> 3 oz Sloppy Joe on Bun <b>OR</b> 1-16" Slice Cheese Pizza <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Steamed Corn 4 oz Peach Cobbler Cake 4 oz
	<b>13 CHOICE OF ENTRÉE</b>  6 oz Chicken & Noodles w/Dinner Roll <b>OR</b> 3 oz Hot Dog on Bun <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Herb Cooked Carrots 4 oz Pasta Salad 4 oz	<b>14 CHOICE OF ENTRÉE</b>  6 oz Penne Pasta w/Meat Sauce & Garlic Bread <b>OR</b> 3 oz Baked Fish Filet w/Dinner Roll <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Vegetable Medley 4 oz Steamed Cauliflower 4 oz 	<b>15 CHOICE OF ENTRÉE</b>  6 oz Macaroni & Cheese & Ranch Toast <b>OR</b> Chicken Teriyaki 3 oz w/Steamed White Rice 4 oz <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Steamed Green Beans 4 oz Applesauce 4 oz	<b>16 CHOICE OF ENTRÉE</b> 3 oz Beef Burrito (10") w/1 oz Salsa <b>OR</b> 3 oz Seasoned Burger on Bun <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Refried Beans 4 oz Fresh Carrot Sticks 4 oz	<b>17 CHOICE OF ENTRÉE</b>  3 oz Chicken & Broccoli Stir Fry w/Steamed White Rice 4 oz <b>OR</b> 1-16" Slice Pepperoni Pizza <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Baked Potato Wedges 4 oz Baked Zucchini 4 oz
	20  <i>Presidents' Day</i>  <i>No School</i>	<b>21 CHOICE OF ENTRÉE</b>  3 oz Apple Roasted Chicken w/Dinner Roll <b>OR</b> 3 oz Spicy Corn Tuna Wrap on Tortilla (6") Pretzels 1 oz <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Stir Fry Cabbage 4 oz Fresh Carrot Sticks 4 oz	<b>22 CHOICE OF ENTRÉE</b> 3 oz Chicken Adobo w/Brown Rice 4 oz <b>OR</b> 3 oz Turkey Basil Burger on Bun <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Fresh Celery Sticks 4 oz Vegetable Medley 4 oz	<b>23 CHOICE OF ENTRÉE</b>  3 oz Chicken Teriyaki w/Steamed White Rice 4 oz <b>OR</b> 6 oz Macaroni & Cheese w/Garlic Bread <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> ½ Baked Potato 4 oz Steamed Broccoli 4 oz	<b>24 CHOICE OF ENTRÉE</b> 3 oz Hot Dog on Bun <b>OR</b> 3 oz Chicken Salad on Tortilla (6") <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Baked Beans 4 oz Sautéed Garlic Spinach 4 oz
	<b>27 CHOICE OF ENTRÉE</b>  6 oz Chili Mac w/Dinner Roll <b>OR</b> Chicken Fried Rice 7 oz <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Baked Potato Wedges 4 oz Sweet Peas & Carrots 4 oz	<b>28 CHOICE OF ENTRÉE</b> 6 oz Cheese Lasagna w/Garlic Bread <b>OR</b> 6 oz Spaghetti & Meatballs w/Garlic Bread <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Steamed Green Beans 4 oz Sautéed Garlic Spinach 4 oz	<b>29 CHOICE OF ENTRÉE</b>  3 oz Baked Ham w/Dinner Roll <b>OR</b> Chef Salad Plate (1 cup romaine, 1 oz low-fat Cheese, 2 oz baked chicken) w/4 pack Cracker (2.5 oz.) <b>WITH</b> Garden Salad - ½ Cup w/crackers Fresh Fruit - 1 ea or 1/2 cup <b>&amp;</b> <b>CHOICE OF ONE SIDE</b> Steamed Broccoli 4 oz Sweet Potato Fries 4 oz		

**NOTE:** Choice of Skim White Milk, 1% White Milk, 1% Chocolate Milk or 1% Strawberry Milk included with each meal. Students with milk allergies will receive a choice of white or chocolate 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 1.5 oz. each, pizza crust is 2 oz., garlic bread is 1.5 oz., all vegetable portions are 4 oz., all protein portions are 3 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).