

Monday, December 3

Breakfast

Cereal Selection
Fruit

Lunch

Chicken Patty on WGR Bun
Carrot Sticks w/Dip
Texas BBQ Beans
Fruit

Secondary Second Choice

Spicy Fried Rice w/Whole Egg
Texas BBQ Beans
Steamed Carrots
Fruit

Tuesday, December 4

Breakfast

Denver Baked Omelet
WGR Breakfast Roll
Fruit

Lunch

Pork Adobo w/Potato
Green Beans
Steamed Brown Rice
Fruit

Secondary Second Choice

Salad Bar
Build Your Own Salad
WGR Roll or Crackers
Fruit

Wednesday, December 5

Breakfast

Sausage & Fried Rice
Fruit

Lunch

Chicken Pancit w/Vegetables
Fruit

Secondary Second Choice

Five Alarm Pizza
Carrot & Cucumber Sticks w/Dip
Fruit

Thursday, December 6

Breakfast

Granola Topped Oatmeal Breakfast Bread
Fruit

Lunch

Beef Pepper Steak
Steamed Brown Rice

Local Vegetable
Fruit

Secondary Second Choice

Salad Bar
Build Your Own Salad
WGR Roll/Crackers
Fruit

Friday, December 7

CNMI Constitution Day Observed – No PSS Classes

Breakfast

Ham Slice
Garlic Brown Rice
Fruit

Lunch

Oven Baked Fried Chicken
Red Rice
Steamed Broccoli
Steamed Corn
Fruit

Monday, December 10

Breakfast

Corn & Egg Soup
Crackers/Breadsticks
Fruit

Lunch

Chicken Adobo w/Potato
Steamed Rice
Steamed Corn
Fruit

Secondary Second Choice

BBQ Pork Sandwich on WGR Bun
Potato Wedges
Steamed Corn
Fruit

Tuesday, December 11

Breakfast

Scrambled Eggs w/Fried Rice
Fruit

Lunch

Spaghetti w/Meat Sauce
Steamed Broccoli & Carrots
Fruit

Secondary Second Choice

Salad & Sandwich Bar
(Chicken Teriyaki Sandwich) with Side Salad Made to Order
OR
Build Your Own Salad with Whole Grain Rich Dinner Roll or
Crackers
Fruit

Wednesday, December 12

Breakfast

Pancake w/Syrup
Fruit

Lunch

BBQ Chicken
Red Rice
Texas BBQ Beans
Normandy Vegetable Mix
Fruit

Secondary Second Choice

Hamburger on Whole Grain Rich Bun
Texas BBQ Beans
Normandy Vegetable Blend
Fruit

Thursday, December 13

Breakfast

Sausage & Egg Scramble
Garlic Brown Rice
Fruit

Lunch

Cheese Pizza
Carrot Sticks
Ranch Bean Dip

Fruit

Secondary Second Choice

Salad Bar

Build Your Own Salad

Whole Grain Rich Roll or Crackers

Fruit

Friday, December 14

Breakfast

Fruit Muffin

Fruit

Lunch

Tuna Cabbage Stir Fry

Steamed Rice

Local Vegetable

Fruit

Secondary Second Choice

Baked Breaded Chicken Strips

Whole Grain Rich Dinner Roll

Coleslaw

Local Vegetable

Fruit

Monday, December 17

Breakfast

Ham and Potato Chowder

Crackers or Breadsticks
Fruit

Lunch

Sweet and Sour Fish with
Red Bell Peppers & Carrots
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice

Thai Beef Noodle Bowl
Red Bell Peppers and Carrots
Mixed Vegetables
Fruit

Tuesday, December 18

Breakfast

Cinnamon Twist Bread
Fruit

Lunch

Chicken Curry with Potatoes
Steamed Rice
Seasoned Peas
Fruit

Secondary Second Choice

Salad Bar
Build Your Own Salad

WGR Roll/Crackers

Fruit

Wednesday, December 19

Breakfast

Chicken Nuggets and Fried Rice

Fruit

Lunch

Marianas BBQ Cheeseburger

Carrot Sticks with Dip

Fruit

Secondary Second Choice

Orange Chicken Rice Bowl

With Carrots and Mixed Vegetables

Fruit

Thursday, December 20

Breakfast

French Toast with Syrup

Fruit

Lunch

Coconut Chicken Adobo

Steamed Brown Rice

Broccoli

Local Vegetable

Fruit

Secondary Second Choice

Salad Bar
Build Your Own Salad
WGR Roll or Crackers
Fruit

Friday, December 21

Breakfast

Eggs and Cheese
Steamed Brown Rice
Fruit

Lunch

Macaroni and Cheese
Green Peas
Texas BBQ Beans
Fruit

Secondary Second Choice

Jamaican Jerk Chicken Rice Bowl
Green Peas with Vegetables
Fruit

Monday, December 24

Winter Holiday– No PSS Classes

Breakfast

Corn Chowder
Crackers/Breadsticks

Fruit

Lunch

Chicken Teriyaki
Steamed Brown Rice
Steamed Broccoli
Texas BBQ Beans
Fruit

Tuesday, December 25
Christmas Day – No Classes

Wednesday, December 26
Winter Holiday– No PSS Classes

Breakfast

Pancakes with Syrup
Fruit

Lunch

Seasoned Chicken
With Stir Fried Vegetables
Steamed Brown Rice
Fruit

Secondary Second Choice

Cheeseburger on Bun
Normandy Mixed Vegetables
Potato Wedges
Fruit

Thursday, December 27

Winter Holiday– No PSS Classes

Breakfast

Ham & Egg Scramble
Steamed Garlic Rice
Fruit

Lunch

Cheese Pizza
Carrot Sticks with
Ranch Bean Dip
Fruit

Secondary Second Choice

Salad Bar
Build Your Own Salad
Whole Grain Rich Roll/Crackers
Fruit

Friday, December 28

Winter Holiday– No PSS Classes

Breakfast

Fruit Muffin
Fruit

Lunch

Breaded Fish with Tartar Sauce
Steamed Brown Rice
Seasoned Local Vegetable
Steamed Corn

Fruit

Secondary Second Choice

Buffalo Chicken Wrap

Corn Salad

Chilled Salad with Local Vegetables

Fruit

Monday, December 31

Winter Holiday– No PSS Classes

Breakfast

Creamy Chicken Rice Soup

Crackers/Breadsticks

Fruit

Lunch

Tuna Supreme Sandwich

Japanese Salad w/Cabbage & Carrots

Fruit

Secondary Second Choice

Sesame Chicken Rice Bowl w/Vegetables

Fruit