

Welcome Back!

Menus for August 2025



CNMI Public School System, Child Nutrition Program

This institution is an equal opportunity provider. Menus are subject to change.



We're SO GLAD to see you!

It's going to be a

GREAT YEAR

and we can't wait to serve your meals!

Monday, August 4

Day Care & Private Schools

Breakfast

Assorted Cereal
Fruit

Lunch

Honey Garlic Chicken Stir Fry
Steamed Rice
Carrots
Broccoli
Fresh Fruit

Tuesday, August 5

Day Care & Private Schools

Breakfast

Grilled Ham
with Fried Rice
Fresh Fruit

Lunch

Sloppy Joes
Sweet Potato Fries
Taco Seasoned Lentils
Fresh Fruit

Wednesday, August 6

Day Care & Private Schools

Breakfast

Breakfast Pizza
Fresh Fruit

Lunch

Beef Steak with
Green Peas & Onions
Red Rice
Carrots
Fresh Fruit

Thursday, August 7

Day Care & Private Schools

Breakfast

Fried Rice with
Portuguese Sausage
Fresh Fruit

Lunch

Beef Lasagna
Garlic Cauliflower & Spinach
Fresh Fruit

Friday, August 8

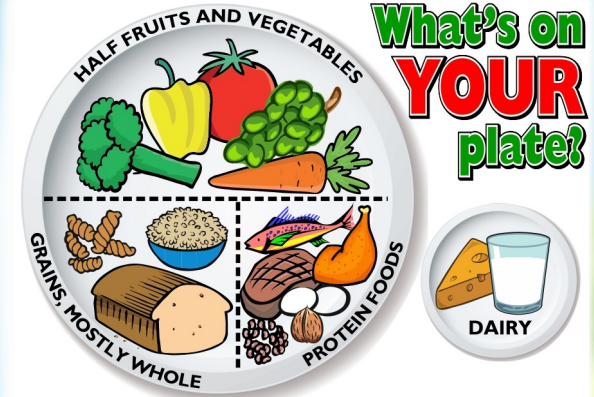
Day Care & Private Schools

Breakfast

French Toast with Syrup
Sausage
Fruit

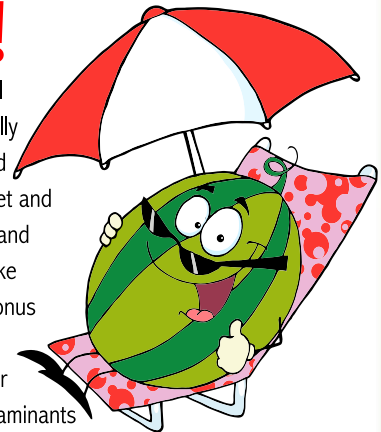
Lunch

Oven Fried Chicken
Red Rice
Corn & Local Vegetables
Fresh Fruit



Sweet, Cool, AND Clean!

Watermelons are cool customers! They really know how to chill, and they're naturally sweet and loaded with vitamins and incredible nutrients like lycopene. And the bonus is they're among the "cleanest" fruits: their thick rinds keep contaminants safely away from the sweet, juicy insides we love so much!



Monday, August 11

Day Care & Private Schools

Breakfast

Assorted Cereal
Fruit

Lunch

Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fresh Fruit

Tuesday, August 12

Day Care & Private Schools

Breakfast

Garlic Fried Rice with
Chicken Nuggets
Fresh Fruit

Lunch

Chicken Burger
Green Salad with Cucumber
Carrots with Dressing
Fresh Fruit

Wednesday, August 13

Day Care & Private Schools

Breakfast

Mac & Cheese 2.0
Fresh Fruit

Lunch

Pork Curry
Steamed Rice
Potatoes
Carrots
Fresh Fruit

Thursday, August 14

Day Care & Private Schools

Breakfast

Ham & Egg Scramble
Steamed Rice
Fresh Fruit

Lunch

Spaghetti Bolognese
WGR Roll
Broccoli
Spanish Chickpeas
Fresh Fruit

Friday, August 15

Day Care & Private Schools

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

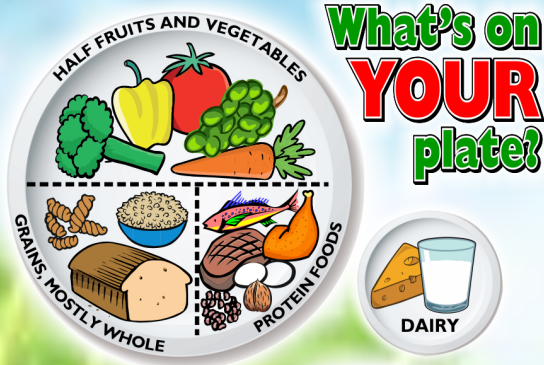
Chicken Adobo
Steamed Rice
Pumpkin & Local Vegetables
Fresh Fruit

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!



What does a pickle start out as and how does it become a pickle?



A: Pickles begin life as cucumbers, which are made into pickles by soaking in a solution of salt, vinegar, and flavors like dill and garlic. Lots of other foods are "pickled" by this process, too, like sauerkraut and pickled peppers, to name just two!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, August 18

Day Care & Private Schools

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Teriyaki
Steamed Rice
Garlic Pacific Blend Vegetables
Fresh Fruit

Tuesday, August 19

Breakfast

Fried Rice with Portuguese Sausage
Fresh Fruit

Lunch

Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Fresh Fruit

Secondary Second Choice

Taco Salad
Taco Meat
WGR Tortilla Chips
Fresh Fruit

Wednesday, August 20

Breakfast

Grilled Cheese
Fresh Fruit

Lunch

Korean Braised Beef
with Broccoli and Onions
Steamed Rice
Carrots
Fresh Fruit

Secondary Second Choice

Chicken Kelaguen with Titiyas
Carrot Sticks & Cucumber Sticks
with Dip
Fresh Fruit

Thursday, August 21

Breakfast

Apple Cinnamon Pan Pancakes
Bacon
Fresh Fruit

Lunch

Pepperoni Pizza
Green Salad with Tomatoes
& Dressing
Taco Seasoned Lentils
Fresh Fruit

Secondary Second Choice

Taco Salad
Taco Meat
WGR Tortilla Chips
Taco Seasoned Lentils
Fresh Fruit

Friday, August 22

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Kung Pao Chicken 2.0
Steamed Rice
Sesami Broccoli
Local Vegetables
Flavored Milk
Fresh Fruit

Secondary Second Choice

Beef & Broccoli
Steamed Rice
Local Vegetables
Fresh Fruit

Monday, August 25

Breakfast

Assorted Cereal
Fruit

Lunch

Breaded Chicken with Gravy
Mashed Potatoes
Corn
WGR Dinner Roll
Fresh Fruit

Tuesday, August 26

Breakfast

Sausage
Steamed Rice
Fresh Fruit

Lunch

Sub Sandwich on WGR Bun
Sandwich Sides & Green Salad
with Tomatoes & Dressing
Fresh Fruit

Secondary Second Choice

Chef Salad
Ham & Boiled Egg
WGR Cheesy Roll
Fresh Fruit

Wednesday, August 27

Breakfast

Toasted Ham & Cheese
Fresh Fruit

Lunch

Pork Ginger
Steamed Rice
Sesame Broccoli & Carrots
Fresh Fruit

Secondary Second Choice

Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fresh Fruit

Thursday, August 28

Breakfast

Garlic Fried Rice with
Chicken Nuggets
Fresh Fruit

Lunch

Chicken Alfredo Penne Pasta
Lemon Garlic Cauliflower & Carrots
Italian Bean Salad
Fresh Fruit

Secondary Second Choice

Chef Salad
Ham & Boiled Egg
WGR Cheesy Roll
Italian Bean Salad
Fresh Fruit

Friday, August 29

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

BBQ Chicken
Red Rice
Local Vegetables & Corn
Flavored Milk
Fresh Fruit

Secondary Second Choice

Creole Fish Sandwich with
Spicy Remoulade Sauce
Corn & Local Vegetables
Fresh Fruit



Covering Some Ground

Believe it or not, there is no fixed size for a regulation soccer field, even at the pro level. Most pro fields are about 110 yards long and 75 yards wide. Turn those numbers into feet and multiply them together and you'll get the area of a typical pro soccer field – nearly 75,000 square feet! And the goalie has to cover 192 square feet of open goal!

NUTRITION TO GO

Kids generally will eat yogurt, but most of the types made especially for them are loaded with added sugar -- 10 or 20 grams in most 4-6 ounce servings (not counting the naturally occurring milk sugar, or lactose). Try sweetening plain, lowfat yogurt with fresh blueberries or other fruit, and that way all of the sugar will be added only by nature!

A QUICK BITE FOR PARENTS