



Guantanamo Bay School Meals Menu November 2018



1 July 2018

Dear Sponsor,

Welcome to the NEX Student Meal Program!

The NEX provides meals to PK-12 students on Navy bases in 9 OCONUS locations: Guantanamo Bay, Naples, Sigonella, Rota, Bahrain, Yokosuka/Ikego, Atsugi, Sasebo/Hario, and Guam.

Student meals are priced as a unit. Elementary meals are priced at \$3.00 and secondary meals are priced at \$3.25. The breakfast price for all students is \$1.50. Meal tickets can be pre-purchased at your local NEX or cash may be accepted during the lunch service. It is the responsibility of the sponsor to provide adequate funds for the purchase of school meals.

Meals include student's choice of fresh fruit, fresh vegetable, protein, grain, and low-fat milk. To be considered a meal, each purchase must include at least 3 of the aforementioned components with at least 1 of those components a fruit or vegetable.

NEX offers free or reduced price meals to families in need of financial assistance. To qualify for free or reduced price meals for your child, you must complete the attached application and return to your School Liaison Officer. Be sure to complete the entire application as we are unable to approve incomplete applications. If you have completed an application for previous years, a new application is required each year.

Each month, menus are posted at www.mynavyexchange.com/smp. The SMP offers meals, on a break-even basis, in accordance with the USDA nutrition standards. Whole grains, lean proteins, fresh fruits and vegetables, and low-fat milk are offered on a daily basis.

See you in the cafeteria!

Christina T. Kopa, MS RD

Christina Kopa, MS RD
Student Meal Program Specialist
Navy Exchange Service Command



Guantanamo Bay School Meals Menu November 2018

W. T. Sampson Elementary School Lunch Menu

<p>29 Choice of One: Sloppy Joe</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>30 Choice of One: Soft Tacos</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>31 Choice of One: Breakfast for Lunch</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Roasted Potatoes Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>November 1 Choice of One: Lasagna w/Garlic Roll</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Mixed Vegetables Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>2</p> <p>NO SCHOOL!!!</p> <p>Teacher's Work Day</p>
<p>5 Choice of One: Meatloaf w/Corn Muffin</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Mashed Potatoes w/Gravy Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>6 Choice of One: Ranch Veg Chicken Wrap Grilled Chicken Salad w/Toasted Flatbread</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>7 Choice of One: Jerk Chicken w/Beans & Rice</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Roasted Potatoes Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>8 Choice of One: Chicken Tenders w/Roll</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Mixed Vegetables Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>9 Choice of One: Pizza</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Steamed Broccoli Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>12</p> <p>NO SCHOOL!!!</p> <p>Veteran's Day</p>	<p>13 Choice of One: Spaghetti w/Meat Sauce w/Garlic Roll</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>14 Thanksgiving Celebration</p> <p>Choice of One: Turkey w/Stuffing w/Cornbread</p> <p>Choice of Fruit: Fresh Grapes Fresh Oranges</p> <p>Choice of Vegetables: Mashed Potatoes w/Gravy Green Bean Casserole</p> <p>Choice of: Ice Cold Milk</p>	<p>15 Choice of One: Beef Burrito w/Mexican Rice</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Mixed Vegetables Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>16 Choice of One: Cheese Pizza</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Steamed Broccoli Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>19 Choice of One: Sloppy Joe</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>20 Choice of One: Soft Tacos</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>21 Choice of One: Breakfast for Lunch</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Roasted Potatoes Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>22</p> <p>NO SCHOOL!!!</p> <p>Thanksgiving Day</p>	<p>23</p> <p>NO SCHOOL!!!</p> <p>BREAK</p>
<p>26 Choice of One: Meatloaf w/Corn Muffin</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Mashed Potatoes w/Gravy Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>27 Choice of One: Ranch Veg Chicken Wrap Grilled Chicken Salad w/Toasted Flatbread</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>28 Choice of One: Jerk Chicken w/Beans & Rice</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Roasted Potatoes Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>29 Choice of One: Chicken Tenders w/Roll</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Mixed Vegetables Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>30 Choice of One: Pizza</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Steamed Broccoli Baked Beans</p> <p>Choice of: Ice Cold Milk</p>

Meal Prices:
Elementary: \$3.00
Secondary: \$3.25

To participate in the Guantanamo Bay Student Meal Program, please purchase tickets at the NEX Customer Service Desk or provide cash during daily lunch service.

Visit www.mynavyexchange.com/smp for further SMP information.





Guantanamo Bay School Meals Menu November 2018

W. T. Sampson High School Lunch Menu

<p>29 Choice of One: Sloppy Joe</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>30 Choice of One: Soft Tacos</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>31 Choice of One: Breakfast for Lunch</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Roasted Potatoes Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>November 1 Choice of One: Lasagna w/Garlic Roll</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Mixed Vegetables Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>2 NO SCHOOL!!!</p> <p>Teacher's Work Day</p>
<p>5 Choice of One: Meatloaf w/Corn Muffin</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Mashed Potatoes w/Gravy Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>6 Choice of One: Ranch Veg Chicken Wrap</p> <p>Grilled Chicken Salad w/Toasted Flatbread</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>7 Choice of One: Jerk Chicken w/Beans & Rice</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Roasted Potatoes Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>8 Choice of One: Chicken Tenders w/Roll</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Mixed Vegetables Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>9 Choice of One: Pizza</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Steamed Broccoli Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>12 NO SCHOOL!!!</p> <p>Veteran's Day</p>	<p>13 Choice of One: Spaghetti w/Meat Sauce w/Garlic Roll</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>14 Thanksgiving Celebration</p> <p>Choice of One: Turkey w/Stuffing w/Cornbread</p> <p>Choice of One Fruit: Fresh Grapes Fresh Oranges</p> <p>Choice of Vegetables: Mashed Potatoes w/Gravy Green Bean Casserole</p> <p>Choice of: Ice Cold Milk</p>	<p>15 Choice of One: Beef Burrito w/Mexican Rice</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Mixed Vegetables Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>16 Choice of One: Cheese Pizza</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Steamed Broccoli Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>19 Choice of One: Sloppy Joe</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>20 Choice of One: Soft Tacos</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>21 Choice of One: Breakfast for Lunch</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Roasted Potatoes Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>22 NO SCHOOL!!!</p> <p>Thanksgiving Day</p>	<p>23 NO SCHOOL!!!</p> <p>BREAK</p>
<p>26 Choice of One: Meatloaf w/Corn Muffin</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Mashed Potatoes w/Gravy Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>27 Choice of One: Ranch Veg Chicken Wrap</p> <p>Grilled Chicken Salad w/Toasted Flatbread</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>28 Choice of One: Jerk Chicken w/Beans & Rice</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Roasted Potatoes Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>29 Choice of One: Chicken Tenders w/Roll</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Mixed Vegetables Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>30 Choice of One: Pizza</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Steamed Broccoli Baked Beans</p> <p>Choice of: Ice Cold Milk</p>

Meal Prices:
Elementary: \$3.00
Secondary: \$3.25

To participate in the Guantanamo Bay Student Meal Program, please purchase tickets at the NEX Customer Service Desk or provide cash during daily lunch service.

Visit www.mynavyexchange.com/smp for further SMP information.

