

Guthrie Jr. High

December 10-14

Our menus are aligned with the USDA's Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Special

****The fresh pick for November is squash!**



- MONDAY** Frito Chili Pie with Roasted Squash & Zucchini **V**
- TUESDAY** Chicken & Waffles offered with Sweet Glazed Carrots
- WEDNESDAY** Sweet & Sour Chicken offered with Lo Mein Pasta & Steamed Broccoli
- THURSDAY** Mac is Back!
- FRIDAY** Crispy Chicken Tenders offered with Mashed Potatoes & Gravy, Mixed Vegetables and Dinner Roll

Daily Special & Everyday

Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger & Cheeseburgers offered daily!



- MONDAY** Chicken Tenders or Spicy Chicken Sandwich offered with Tator Tots
- TUESDAY** Chicken Tenders or Hamburger with French Fries
- WEDNESDAY** Chicken Tenders or Rib-B-Que offered with Sweet Potato Fries
- THURSDAY** Chicken Tenders or Chicken Fried Steak Sandwich offered with Potato Wedges
- FRIDAY** Bacon Cheeseburger offered with French Fries



Daily Special & Everyday
Cheese and Pepperoni Pizza offered daily

Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust

- MONDAY** Hawaiian Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Italian Sausage Pizza
- THURSDAY** Meat Lovers Calzone
- FRIDAY** Spicy Buffalo Chicken Pizza



Daily Specials

Bean & Cheese Nachos offered daily!

- MONDAY** Nacho Bar offered with Refried Beans
- TUESDAY** Nacho Bar offered with Fiesta Potatoes
- WEDNESDAY** Nacho Bar offered with Frijoles Charros Beans
- THURSDAY** Nacho Bar offered with Fiesta Potatoes
- FRIDAY** Nacho Bar offered with Refried Beans



Daily Specials & Everyday

Turkey, Ham and American Subs made fresh and offered daily
Fast Takes products are made daily using local ingredients when seasonally available

- MONDAY** Strawberry Fields Parfait, Hearty Garden Salad or Southwest Turkey Sub **V**
- TUESDAY** Strawberry Banana Parfait, Chef Salad or Chicken Caesar Flatbread
- WEDNESDAY** Just Peachy Parfait, Southwest BBQ Chicken Salad or Chicken Salad Sub
- THURSDAY** Double Berry Parfait, Chicken Caesar Salad
- FRIDAY** Blueberry Patch Parfait, Spicy Buffalo Chicken Salad or Sunbutter & Jelly Sandwich **V**

- V Vegetarian**
- SP Smart Pick**

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.

Nutrition Information is available upon request.

