

# Guthrie Jr. High School

## February 12-16

Our menus are aligned with the USDAs 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



<b>MONDAY</b>	Cheese Ravioli offered with a Breadstick & Roasted Carrots	<b>V</b>
<b>TUESDAY</b>	Chicken Parmesan offered with a Breadstick & Seasoned Mixed Vegetables	
<b>WEDNESDAY</b>	Teriyaki Beef offered with Lo Mein Pasta, Steamed Broccoli & a Egg Roll	
<b>THURSDAY</b>	Frito Chili Pie offered with Green Peas	
<b>FRIDAY</b>	Chicken Fried Chicken offered with a Freshly Baked Roll, Mashed Potatoes & Gravy & Green Beans	

### Daily Special & Everyday

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



<b>MONDAY</b>	Corndog offered with Tater Tots	
<b>TUESDAY</b>	BBQ Pork Sandwich offered with Baked Beans	
<b>WEDNESDAY</b>	Build a Better Burger offered with French Fries	
<b>THURSDAY</b>	Chicken Fried Steak Sandwich offered with Potato Wedges	
<b>FRIDAY</b>	Cowboy Steak Sandwich offered with French Fries	<b>V</b>



**Daily Special & Everyday**  
*Cheese and Pepperoni Pizza offered daily*

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

<b>MONDAY</b>	Supreme Pizza	
<b>TUESDAY</b>	Pepperoni Calzone	
<b>WEDNESDAY</b>	Buffalo Chicken Pizza	
<b>THURSDAY</b>	Sausage Calzone	
<b>FRIDAY</b>	BBQ Chicken Pizza	



### Daily Specials

**\*\*Special Promotion: Jamaican World Flavors**

<b>MONDAY</b>	Chicken Nachos or Taco Salad offered with Refried Beans	
<b>TUESDAY</b>	Chicken Fajita Tacos or Beef Enchilada offered with Fiesta Potatoes	
<b>WEDNESDAY</b>	Beef Nachos or Bean & Cheese Burrito (V) offered with Frijoles Charro Beans	<b>V</b>
<b>THURSDAY</b>	Beef Tacos or **Jamaican Jerk Chicken Quesadilla offered with Fiesta Potatoes	
<b>FRIDAY</b>	Chicken Nachos or Fiesta Bowl 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*

<b>MONDAY</b>	Hearty Garden Salad (V) or Sweet & Spicy Sub	<b>V</b>
<b>TUESDAY</b>	Chef Salad or Fiesta Wrap	
<b>WEDNESDAY</b>	Antipasto Salad or Southwest Turkey Sandwich	<b>V</b>
<b>THURSDAY</b>	Chicken Caesar Salad or Southwest Wrap	
<b>FRIDAY</b>	Cobb Salad or Italian Wrap	

**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.*

