

# Guthrie Jr High

Nov 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



- MONDAY** Spaghetti & Meatballs offered with Mixed Vegetables and a Breadstick
- TUESDAY** Chicken Pot Pie offered with Green Beans
- WEDNESDAY** Orange Chicken offered with Brown Rice, Roasted Squash & Zucchini and Egg Roll
- THURSDAY** Thanksgiving Lunch
- FRIDAY** Chicken Tenders offered with a Freshly Baked Roll, Mashed Potatoes & Gravy & Green Peas

## Daily Special & Everyday

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



- MONDAY** Chicken Tenders offered with Tater Tots
- TUESDAY** Chicken Tenders offered with French Fries
- WEDNESDAY** Chicken Tenders or Rib-b-que Sandwich offered with Sweet Potato Fries
- THURSDAY** Thanksgiving Lunch
- 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** Sausage Pizza
- THURSDAY** Thanksgiving Lunch
- FRIDAY** Buffalo Chicken Pizza



## Daily Specials

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



## Daily Special & 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 (V) Hearty Garden Salad (V) or Southwest Turkey Sub
- TUESDAY** Strawberry Banana Parfait (V) Chef Salad or Chicken Caesar Flatbread
- WEDNESDAY** Just Peachy Parfait (V), Southwest BBQ Chicken Salad or Chicken Salad Sub
- THURSDAY** Thanksgiving Lunch
- FRIDAY** Blueberry Patch Parfait (V), 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.*

