Guthrie Jr High School

November 13-17

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

**Special World Flavors of India Promotion



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MONDAY	Spaghetti & Meatballs offered with Mixed Vegetables and a Breadstick	V
TUESDAY	Chicken Pot Pie offered with Green Beans	
WEDNESDAY	Orange Chicken offered with Brown Rice, Roasted Squash & Zucchini and Egg Roll	
THURSDAY	**Spicy Tandoori Chicken offered with Brown Rice & Mixed Vegetables	
FRIDAY	Turkey & Dressing, Mashed Potatoes & Gravy, Green Beans, Roll, Cranberry Sauce, Pumpkin Pudding	

UPPER CRUS	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	Taco Pizza		
TUESDAY	Supreme Pizza		
WEDNESDAY	Sausage Pizza		
THURSDAY	Hawaiian Pizza		
FRIDAY	Turkey & Dressing, Mashed Potatoes & Gravy, Green Beans, Roll, Cranberry Sauce, Pumpkin Pudding		



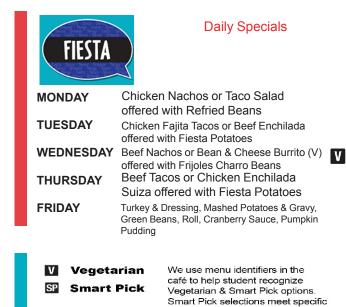
FRIDAY Join us for Thanksgiving Holiday Meal

Daily Special & Everyday

Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger & Cheeseburgers offered daily! **Sandwiches with Attitude Special Promotion



MONDAY	Chili Cheese Hotdog offered with Tater Tots
TUESDAY	BBQ Pork Sandwich offered with Baked Beans
WEDNESDAY	Build a Better Burger offered with French Fries
THURSDAY	Grilled Chicken Sandwich offered with Potato Wedges
FRIDAY	Turkey & Dressing, Mashed Potatoes & Gravy, Green Beans, Roll, Cranberry Sauce, Pumpkin Pudding



criteria for fat, sodium & calories.

This institution is an equal opportunity provider.

