

# Guthrie Jr High

Oct 15-19

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** Frito Chili Pie offered with Golden Corn
- TUESDAY** Creamy Mac & Cheese offered with Breadstick & Seasoned Carrots **V**
- WEDNESDAY** Chicken Parmesan Pasta offered with Breadstick & Mixed Vegetables
- THURSDAY** FALL BREAK
- FRIDAY** NO SCHOOL

## Daily Special & Everyday



- MONDAY** Chicken Tenders offered with Tater Tots
- TUESDAY** Chicken Tenders offered with French Fries
- WEDNESDAY** Chicken Tenders or Rib-b-que offered with Sweet Potato Fries
- THURSDAY** FALL BREAK
- FRIDAY** NO SCHOOL



## 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** Supreme Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Spicy Buffalo Chicken Pizza
- THURSDAY** FALL BREAK
- FRIDAY** NO SCHOOL



## Daily Specials

- MONDAY** Nacho Bar offered with Refried Beans
- TUESDAY** Nacho Bar offered with Fiesta Potatoes
- WEDNESDAY** Nacho Bar offered with Frijoles Charros Beans
- THURSDAY** FALL BREAK
- FRIDAY** NO SCHOOL



## 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 (V), Hearty Garden Salad (V) or Sweet & Spicy Sub **V**
- TUESDAY** Strawberry Banana Parfait (V), Chef Salad or Fiesta Wrap **V**
- WEDNESDAY** Just Peachy Parfait (V), Crispy Chicken Salad or Southwest Turkey Sub **V**
- THURSDAY** FALL BREAK **V**
- FRIDAY** NO SCHOOL **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.*

