Guthrie Jr High

Oct 22-26

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

THRIVE

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

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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	Sweet & Sour Chicken offered with Lo Mein Pasta & Green Beans	
TUESDAY	Whole Grain Pancakes, Scrambled Eggs & Sausage offered with Sweet Potato Bites	
WEDNESDAY	Cheese Ravioli offered with Breadstick & Roasted Squash & Zucchini	V
THURSDAY	Frito Chili Pie offered with Golden Corn	
FRIDAY	Popcorn Chicken Bowl offered with Mixed Vegetables and Dinner Roll	

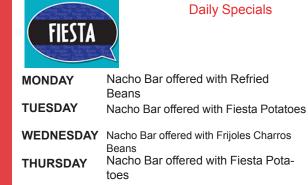
UPPER CRUS	Daily Special & Everyday Cheese and Pepperoni Pizza offered daily Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust		
MONDAY	Hawaiian Pizza		
TUESDAY	Pepperoni Calzone		
WEDNESDAY	Italian Sausage Pizza		
THURSDAY	Meat Lovers Calzone		

FRIDAY Spicy Buffalo Chicken Pizza



MONDAYChicken Tenders offered with Tater
TotsTUESDAYChicken Tenders offered with French
FriesWEDNESDAYChicken Tenders or Rib-b-que Sandwich
offered with Sweet Potato FriesTHURSDAYChicken Tenders or Chicken Fried Steak
Sandwich offered with Potato WedgesFRIDAYBacon Cheeseburger offered with French
Fries

Daily Special & Everyday



FRIDAY Nacho Bar offered with Refried Beans

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.

