

# Guthrie Jr High

Oct 29-Nov 2

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** Walking Taco offered with Mixed Vegetables
- TUESDAY** Szechuan Beef Stir Fry offered with Brown Rice and Seasoned Carrots
- WEDNESDAY** Cheese Dippers offered with Classic Tomato Soup **V**
- THURSDAY** Spaghetti & Meatballs offered with Green Peas
- FRIDAY** Country Fried Steak offered with Mashed Potatoes & Gravy, Green Beans and Dinner Roll

## Daily Special & Everyday



- 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** Chicken Tenders or Chicken Fried Steak Sandwich offered with Potato Wedges
- 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** Supreme Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Spicy Buffalo Chicken Pizza
- THURSDAY** Italian Sausage Calzone
- FRIDAY** BBQ Chicken Pizza



## 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** Nacho Bar offered with Fiesta Potatoes
- FRIDAY** Nacho Bar 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*

- 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** Double Berry Parfait (V), Chicken Caesar Salad or Southwest Wrap **V**
- FRIDAY** Blueberry Patch Parfait (V), Cobb Salad or Sunbutter & Jelly Sandwich (V) **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.*



Nutrition Information is available upon request.