

Guthrie Jr High

Oct 8-12

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** French Toast Sticks, Scrambled Eggs & Sausage Links offered with Cinnamon Baked Apples
- 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** 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** Hawaiian Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Sausage Pizza
- THURSDAY** Meat Lovers Calzone
- 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** Nacho Bar offered with Fiesta Potatoes
- 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** Double Berry Parfait (V), Chicken Caesar Salad or Spicy Buffalo Wrap
- 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.

Nutrition Information is available upon request.

