

# Guthrie High School

April 16-20

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

## SIDES

**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

### CREATIONS

<b>MONDAY</b>	Spaghetti & Meatballs offered with Seasoned Mixed Vegetables and a Breadstick
<b>TUESDAY</b>	Chicken Pot Pie offered with Green Beans
<b>WEDNESDAY</b>	**Orange Chicken offered with Brown Rice, Roasted Squash & Zucchini and a Egg Roll
<b>THURSDAY</b>	Homestyle Meatloaf, Mashed Potatoes & Gravy, Baked Roll and Broccoli
<b>FRIDAY</b>	Chicken Tenders offered with a Freshly Baked Roll, Mashed Potatoes & Gravy and Green Peas

## Daily Special & Everyday

*Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger, Cheeseburgers & Chicken Strips offered daily!*

### GRILL

<b>MONDAY</b>	Chili Cheese Hotdog offered with Tater Tots
<b>TUESDAY</b>	BBQ Pork Sandwich offered with Baked Beans
<b>WEDNESDAY</b>	Build a Better Burger offered with French Fries
<b>THURSDAY</b>	Grilled Chicken Sandwich offered Potato Wedges
<b>FRIDAY</b>	Three Cheese Toaster offered with French Fries <b>V</b>

## Daily Special & Everyday

*Cheese and Pepperoni Pizza offered daily*

### PIZZA

*Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust*

<b>MONDAY</b>	Supreme Pizza
<b>TUESDAY</b>	Pepperoni Calzone
<b>WEDNESDAY</b>	Sausage Pizza
<b>THURSDAY</b>	Sausage Calzone
<b>FRIDAY</b>	Buffalo Chicken Pizza

### SALSA

*Nacho Bar offered daily with variety of Cheese Sauces, Mexican Pulled Chicken, Refried Beans or Crumbled Beef*

<b>MONDAY</b>	Taco Salad offered with Refried Beans
<b>TUESDAY</b>	Beef Enchilada offered with Fiesta Potatoes
<b>WEDNESDAY</b>	Build Your Own Burrito offered with Frijoles Charro Beans <b>V</b>
<b>THURSDAY</b>	Chicken Enchilada Suiza offered with Fiesta Potatoes
<b>FRIDAY</b>	Fiesta Bowl 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*

### FAST TAKES

<b>MONDAY</b>	Hearty Garden Salad (V) or Southwest Turkey Sandwich <b>V</b>
<b>TUESDAY</b>	Chef Salad or Chicken Caesar Wrap <b>V</b>
<b>WEDNESDAY</b>	Spinach Salad (V) or Chicken Salad Sub <b>V</b>
<b>THURSDAY</b>	Chicken Caesar Salad or Spicy Buffalo Chicken Wrap
<b>FRIDAY</b>	Spicy Buffalo Chicken Salad or Chef Wrap

**V Vegetarian**

**M Mindful**

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

*This institution is an equal opportunity provider.*

CROSSROADS

CAFE

by sodexo\*