

Guthrie High School

April 23-27

Our menus are aligned with the USDAs 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

MONDAY	Cheese Ravioli offered with Seasoned Carrots
TUESDAY	Oven Roasted Turkey offered with a Freshly Baked Roll, Seasoned Mixed Vegetables & a Cookie
WEDNESDAY	Teriyaki Beef offered with Lo Mein Pasta, Green Beans and an Egg Roll
THURSDAY	Frito Chili Pie offered with Green Peas
FRIDAY	Chicken Fried Chicken offered with a Freshly Baked Roll, Mashed Potatoes & Gravy & Green Beans

Daily Special & Everyday

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

GRILL

MONDAY	Corndog offered with Tater Tots
TUESDAY	BBQ Pork Sandwich offered with Baked Beans
WEDNESDAY	Build a Better Burger offered with French Fries
THURSDAY	Chicken Fried Steak offered with Potato Wedges
FRIDAY	Three Cheese Toaster offered with French Fries

PIZZA

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	Buffalo Chicken Pizza
THURSDAY	Sausage Calzone
FRIDAY	BBQ Chicken Pizza

SALSA

Daily Specials

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

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

FAST TAKES

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	Hearty Garden Salad (V) or Sweet & Spicy Sub V
TUESDAY	Chef Salad or Fiesta Wrap
WEDNESDAY	Antipasto Salad or Southwest Turkey Sub
THURSDAY	Chicken Caesar Salad or Southwest Chicken Wrap
FRIDAY	Cobb Salad or Italian 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.