

Guthrie High School

April 30-May 4

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	Chicken Parmesan offered with Roasted Squash & Zucchini
TUESDAY	Chicken Noodle Casserole offered with a Freshly Baked Roll and Mixed Vegetables
WEDNESDAY	Sweet n Sour Chicken offered with Lo Mein Noodles, Green Beans and an Egg Roll
THURSDAY	Homestyle Meatloaf, Mashed Potatoes & Gravy, Baked Roll and Corn
FRIDAY	Popcorn Chicken Bowl offered with Green Beans and a Freshly Baked Roll

Daily Special & Everyday

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

GRILL

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

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

MONDAY	Supreme Pizza
TUESDAY	Pepperoni Calzone
WEDNESDAY	Sausage Pizza
THURSDAY	Sausage Calzone
FRIDAY	Buffalo Chicken Pizza

Daily Specials

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

SALSA

MONDAY	Taco Salad offered 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 offered with Fiesta Potatoes
FRIDAY	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

MONDAY	Hearty Garden Salad (V) or Southwest Turkey Sub V
TUESDAY	Chef Salad or Chicken Caesar Wrap V
WEDNESDAY	Spinach Salad (V) or Chicken Salad Sub V
THURSDAY	Chicken Caesar Salad or Spicy Buffalo Chicken Wrap
FRIDAY	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*