

Guthrie High School

February 11-15

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

***The Fresh Pick for February is Spinach to celebrate National Heart Month!*

CREATIONS

MONDAY	Frito Chili Pie offered with Golden Corn
TUESDAY	Baked Potato with Fajita Chicken & Seasoned Carrots
WEDNESDAY	Roasted Turkey offered with Whipped Potatoes & Gravy, Mixed Vegetables & Dinner Roll
THURSDAY	Teriyaki Beef Stir Fry offered with Peas & Carrots
FRIDAY	Chicken Fried Chicken offered with Whipped Potatoes, Green Beans and a Freshly Baked Roll

Daily Special & Everyday

Hamburger, Cheeseburger Crispy Chicken Sandwich, & Spicy Chicken Sandwich offered Daily!
***Special Promotion: Major Flavor Meltdown*

GRILL

MONDAY	Grilled Ham & Cheese or Chicken Tenders offered with Tater Tots
TUESDAY	Grilled Chicken Club or Popcorn Chicken offered with French Fries
WEDNESDAY	Rib-B-Q Sandwich or Chicken Tenders offered with Sweet Potato Fries
THURSDAY	Chicken Fried Steak Sandwich or Popcorn Chicken offered with Potato Wedges
FRIDAY	Bacon Cheeseburger or Chicken Tenders 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	Spicy Buffalo Chicken Pizza
THURSDAY	Italian Sausage Pizza
FRIDAY	BBQ Chicken Pizza

SALSA

Daily Specials

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

***Join us for our special promotion Nacho Usual Nachos on Thursday!*

MONDAY	Nacho Bar offered with Refried Beans
TUESDAY	Nacho Bar offered with Fiesta Potatoes
WEDNESDAY	Nacho Bar offered with Frijoles Charros Beans
THURSDAY	**Nacho Usual Nachos
FRIDAY	Nacho Bar offered with Refried Beans

FAST TAKES

Daily Specials & Everyday

Turkey and Ham Subs made fresh and offered daily

Fast Takes products are made daily using local ingredients when seasonally available

MONDAY	Strawberry Fields Parfait, Hearty Garden Salad or Sweet & Spicy Sub	V
TUESDAY	Strawberry Banana Parfait or Chef Salad	
WEDNESDAY	Just Peachy Parfait, Crispy Chicken Salad or Southwest Turkey Sub	
THURSDAY	Double Berry Parfait or Chicken Caesar Salad	
FRIDAY	Blueberry Patch Parfait, Cobb Salad or Sunbutter & Jelly Sandwich	V

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.

Nutrition Information is available upon request.

CROSSROADS
CAFE
 by sodexo*