

# Guthrie High School

## February 25- March 1

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!*

*\*\*Join us for some yummy chili on February 28th to celebrate National Chili Day!*

### CREATIONS

- MONDAY** Cheese Dippers offered with Classic Tomato Soup **V**
- TUESDAY** Stir Fry Szechuan Beef offered with Seasoned Carrots
- WEDNESDAY** Chicken Parmesan Over Pasta offered with Roasted Squash & Zucchini
- THURSDAY** \*\*Hearty Chili & Cornbread offered with Golden Corn
- FRIDAY** Steak Fingers offered with Mashed Potatoes, Green Beans and a Freshly Baked Roll

### Daily Special & Everyday

*Hamburger, Cheeseburger Crispy Chicken Sandwich, & Spicy Chicken Sandwich offered Daily!*

### GRILL

- MONDAY** Grilled Ham & Cheese or Chicken Tenders offered with Tater Tots
- TUESDAY** Grilled Chicken Club or Popcorn Chicken offered with Western Baked Beans
- 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

### 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** Spicy Buffalo Chicken Pizza
- THURSDAY** Italian Sausage Pizza
- FRIDAY** BBQ Chicken Pizza

### 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!*

### SALSA

- 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 offered with Fiesta Potatoes
- FRIDAY** Nacho Bar offered with Refried Beans

### Daily Specials & Everyday

*Turkey and Ham Subs made fresh and offered daily*

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

### FAST TAKES

- 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, 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*