

Guthrie High School

February 4-8

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** Spaghetti & Meatballs offered with Seasoned Mixed Vegetables
- TUESDAY** Chicken Pot Pie offered with Green Beans
- WEDNESDAY** Zesty Orange Chicken offered with Roasted Squash & Zucchini
- THURSDAY** Whole Grain French Toast Sticks, Scrambled Eggs & Sweet Potato Fries
- FRIDAY** Fiesta Bowl with Fresh Baked Cookie

Daily Special & Everyday

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

GRILL

- MONDAY** 3 Cheese Toaster or Chicken Tenders Offered with Tator Tots
- TUESDAY** Beef Patty Melt or Popcorn Chicken Offered with French Fries
- WEDNESDAY** Rib-B-Q 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** Hawaiian Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Italian Sausage Pizza
- THURSDAY** Meat Lovers Calzone
- FRIDAY** Spicy Buffalo Chicken Pizza

Daily Specials

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

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

Daily Specials & Everyday

Turkey, Ham and American Subs made fresh and offered daily

FAST TAKES

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

- MONDAY** Strawberry Fields Parfait, Hearty Garden Salad or Southwest Turkey Sub **V**
- TUESDAY** Strawberry Banana Parfait, Chef Salad or Chicken Caesar Flatbread
- WEDNESDAY** Just Peachy Parfait, Southwest BBQ Chicken Salad or Chicken Salad Sub
- THURSDAY** Double Berry Parfait or Chicken Caesar Salad
- FRIDAY** Blueberry Patch Parfait, Spicy Buffalo Chicken 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*