

# Guthrie High School

## January 14th-18th

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** Sweet & Sour Chicken offered with Green Beans
- TUESDAY** Whole Grain Pancakes, Scrambled Egg & Sausage offered with Sweet Potato Fries
- WEDNESDAY** Beefy Ravioli offered with Breadstick & Roasted Squash & Zucchini
- THURSDAY** Rainbow Chili with Cornbread and Golden Corn
- FRIDAY** Popcorn Chicken Bowl offered with Freshly Baked Roll & Green Beans

### Daily Special & Everyday

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

### GRILL

- MONDAY** Chicken Tenders offered with Tater Tots
- TUESDAY** Chicken Tenders offered with Western Baked Beans
- WEDNESDAY** Chicken Tenders or Rib-b-que Sandwich offered with Sweet Potato Fries
- THURSDAY** Chicken Tenders or Chicken Fried Steak Sandwich offered with Potato Wedges
- FRIDAY** Chicken Tenders or Bacon Cheeseburger 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 products are made daily using local ingredients when seasonally available*

### FAST TAKES

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