

Guthrie High School

May 14-18

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 & Broccoli Alfredo with Green Beans and a Breadstick
TUESDAY	Salisbury Steak offered with Mashed Potatoes & Gravy, Dinner Roll and Corn
WEDNESDAY	Sweet & Sour Chicken offered with Lo Mein, Green Peas & Carrots and an Egg Roll
THURSDAY	Frito Chili Pie offered with Roasted Squash & Zucchini and a Freshly Baked Cookie
FRIDAY	Chicken Tenders offered with Mashed Potatoes & Gravy, Sweet Glazed Carrots and a Freshly Baked Roll

Daily Special & Everyday

Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburgers, Cheeseburgers and Chicken Strips offered daily!

GRILL

MONDAY	Chili Cheese Hotdog offered with Tater Tots
TUESDAY	Pulled Pork Sandwich offered with Baked Beans
WEDNESDAY	Build a Better Burger offered with French Fries
THURSDAY	Grilled Chicken Sandwich offered with Potato Wedges
FRIDAY	Memphis Meltdown Sandwich offered with 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	Meat Lover's Pizza
FRIDAY	Buffalo Chicken Pizza

Daily Specials

Chicken Tacos 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

****Special Promotion: Big Time BBQ!**

FAST TAKES

MONDAY	Hearty Garden Salad (V) or Southwest Turkey Sub V
TUESDAY	Chef Salad or Chicken Caesar Wrap
WEDNESDAY	**Southwest BBQ Chicken Salad or Chicken Salad Sub
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.