

# Guthrie High School

## May 21-25

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** Spaghetti & Meatballs offered with Seasoned Mixed Vegetables and a Breadstick
- TUESDAY** Chicken Pot Pie offered with Green Beans
- WEDNESDAY** Zesty Orange Chicken Bowl offered with Roasted Squash & Zucchini and a Egg Roll
- THURSDAY** Meatloaf, Mashed Potatoes & Gravy, Dinner Roll and Corn
- FRIDAY** Have a Wonderful Summer!

### Daily Special & Everyday

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

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

#### GRILL

- MONDAY** Chili Cheese Hotdog offered with Tater Tots
- TUESDAY** BBQ Pork Sandwich offered with Baked Beans
- WEDNESDAY** Build a Better Burger offered with French Fries
- THURSDAY** \*\*Rib-b-que Sandwich offered Potato Wedges
- FRIDAY** Chicken Sandwiches, Hamburgers, Cheeseburgers with Potatoes

### 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** Meatlovers Pizza
- FRIDAY** Pepperoni Pizza & Cheese Pizza

### Daily Specials

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

#### SALSA

- MONDAY** Taco Salad offered with Refried Beans
- TUESDAY** Chicken Fajitas offered with Fiesta Potatoes
- WEDNESDAY** Build Your Own Burrito offered with Frijoles Charro Beans **V**
- THURSDAY** Chicken Enchilada Suiza offered with Fiesta Potatoes
- FRIDAY** Chicken or Beef Nachos 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** Hearty Garden Salad (V) or Southwest Turkey Sandwich **V**
- TUESDAY** Chef Salad or Chicken Caesar Wrap **V**
- WEDNESDAY** Spinach Salad (V) or Chicken Salad Sub **V**
- THURSDAY** Chicken Caesar Salad or Spicy Buffalo Chicken Wrap
- FRIDAY** Have a Wonderful Summer!

**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.*

CROSSROADS

CAFE

by sodexo\*