

# Guthrie High School

## September 10-14

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

*\*\*Join us on September 13th for National Fortune Cookie Day with Chopstick Creations and a fortune cookie!*

### CREATIONS

- MONDAY** Frito Chili Pie offered with Golden Corn
- TUESDAY** Creamy Mac & Cheese offered with Breadstick & Seasoned Carrots
- WEDNESDAY** Roasted Turkey offered with Mashed Potatoes & Gravy, Mixed Vegetables & Dinner Roll
- THURSDAY** Teriyaki Beef Stir Fry offered with Steamed Broccoli
- FRIDAY** Chicken Fried Chicken offered with Mashed Potatoes, Green Beans and a Freshly Baked Roll

### Daily Special & Everyday

*Hamburger, Cheeseburger Crispy Chicken Sandwich, Spicy Chicken Sandwich and Chicken Strips offered Daily!*

### GRILL

- MONDAY** Spicy Chicken Sandwich with Tater Tots
- TUESDAY** Hamburger served French Fries
- WEDNESDAY** Rib-B-Q served with Sweet Potato Crinkle Cut Fries
- THURSDAY** Chicken Fried Steak Sandwich served with Potato Wedges
- FRIDAY** 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** Supreme Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Spicy Buffalo Chicken Pizza
- THURSDAY** Italian Sausage Pizza
- FRIDAY** BBQ Chicken Pizza

### Daily Specials

### SALSA

- MONDAY** Nachos offered with choice of refried beans, chicken or beef
- TUESDAY** Nachos offered with choice of refried beans, chicken or beef
- WEDNESDAY** Nachos offered with choice of refried beans, chicken or beef
- THURSDAY** Nachos offered with choice of refried beans, chicken or beef
- FRIDAY** Nachos offered with choice of refried beans, chicken or beef

### Daily Specials & Everyday

*Turkey, Ham and American Subs made fresh and offered daily  
Made to Order Deli*

### FAST TAKES

- MONDAY** Hearty Garden Salad or Sweet & Spicy Sub **V**
- TUESDAY** Chef Salad or Fiesta Wrap
- WEDNESDAY** Crispy Chicken Salad or Southwest Turkey Sub
- THURSDAY** Chicken Caesar Salad or Southwest Wrap
- FRIDAY** 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**