

# Guthrie High School

## September 24-28

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

<b>MONDAY</b>	Cheese Dippers offered with Classic Tomato Soup	<b>V</b>
<b>TUESDAY</b>	Szechuan Beef Stir Fry offered with Seasoned Carrots	
<b>WEDNESDAY</b>	Homemade Beef Lasagna offered with Breadstick and Mixed Vegetables	
<b>THURSDAY</b>	Spaghetti & Meat Sauce offered with Breadstick & Green Peas	
<b>FRIDAY</b>	Country Fried Steak offered with Mashed Potatoes, Green Beans and a Freshly Baked Roll	

### Daily Special & Everyday

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

#### GRILL

<b>MONDAY</b>	Spicy Chicken Sandwich offered with Tater Tots
<b>TUESDAY</b>	Hamburger served with French Fries
<b>WEDNESDAY</b>	Rib-B-Q served with Sweet Potato Crinkle Cut Fries
<b>THURSDAY</b>	Chicken Fried Steak Sandwich served with Potato Wedges
<b>FRIDAY</b>	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*

<b>MONDAY</b>	Supreme Pizza
<b>TUESDAY</b>	Pepperoni Calzone
<b>WEDNESDAY</b>	Spicy Buffalo Chicken Pizza
<b>THURSDAY</b>	Italian Sausage Pizza
<b>FRIDAY</b>	BBQ Chicken Pizza

### Daily Specials

#### SALSA

<b>MONDAY</b>	Nachos offered with choice of refried beans, chicken or beef
<b>TUESDAY</b>	Nachos offered with choice of refried beans, chicken or beef
<b>WEDNESDAY</b>	Nachos offered with choice of refried beans, chicken or beef
<b>THURSDAY</b>	Nachos offered with choice of refried beans, chicken or beef
<b>FRIDAY</b>	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

<b>MONDAY</b>	Hearty Garden Salad or Sweet & Spicy Sub	<b>V</b>
<b>TUESDAY</b>	Chef Salad or Fiesta Wrap	
<b>WEDNESDAY</b>	Crispy Chicken Salad or Southwest Turkey Sub	
<b>THURSDAY</b>	Chicken Caesar Salad or Southwest Wrap	
<b>FRIDAY</b>	Cobb Salad or Sunbutter & Jelly Sandwich	<b>V</b>

**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\*