

Guthrie High School

September 3-7

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	Labor Day No School
TUESDAY	Chicken Pot Pie offered with Green Beans
WEDNESDAY	Orange Chicken offered with Roasted Squash & Zucchini
THURSDAY	Whole Grain French Toast Sticks, Scrambled Eggs & Sweet Potato Fries
FRIDAY	Crispy Chicken Tenders offered with Mashed Potatoes, Green Peas and a Freshly Baked Roll

Daily Special & Everyday

Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger, Cheeseburgers & Chicken Strips offered daily!

GRILL

MONDAY	Labor Day No School
TUESDAY	Hamburger served with 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	Labor Day No School
TUESDAY	Pepperoni Calzone
WEDNESDAY	Italian Sausage Pizza
THURSDAY	Meat Lovers Calzone
FRIDAY	Spicy Buffalo Chicken Pizza

Daily Specials

SALSA

MONDAY	Labor Day No School
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	Labor Day No School	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 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**