

Guthrie Jr High

April 2-6

Our menus are aligned with the USAs Healthier U.S. School Challenge.



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



- MONDAY** Cheese Ravioli offered with Green Peas and a Breadstick **V**
- TUESDAY** Rib-b-que Sandwich offered with Green Beans
- WEDNESDAY** Szechuan Beef offered with Brown Rice, Seasoned Carrots and Egg Roll
- THURSDAY** Beefy Mac offered with Mixed Vegetables and a Breadstick
- FRIDAY** Chicken Tenders offered with Mashed Potatoes & Gravy, Green Beans and a Freshly Baked Roll

Daily Special & Everyday

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



- MONDAY** Corndog offered with Tater Tots
- TUESDAY** BBQ Pork Sandwich offered with Baked Beans
- WEDNESDAY** Build a Better Burger offered with French Fries
- THURSDAY** Chicken Fried Steak Sandwich offered with Potato Wedges
- FRIDAY** Three Cheese Toaster with French Fries



Daily Special & Everyday
Cheese and Pepperoni Pizza offered daily

Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust

- MONDAY** Supreme Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Buffalo Chicken Pizza
- THURSDAY** Sausage Calzone
- FRIDAY** BBQ Chicken Pizza



Daily Specials

- MONDAY** Chicken Nachos or Taco Salad offered with Refried Beans
- TUESDAY** Chicken Fajita Tacos or Beef Enchilada offered with Fiesta Potatoes
- WEDNESDAY** Beef Nachos or Bean & Cheese Burrito (V) **V** offered with Frijoles Charro Beans
- THURSDAY** Beef Tacos or Chicken Enchilada Suiza offered with Fiesta Potatoes
- FRIDAY** Chicken Nachos or Fiesta Bowl offered 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

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

V Vegetarian
SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.