

Guthrie Jr. High School

February 11-15

Our menus are aligned with the USDAs 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

****The Fresh Pick for February is Spinach to celebrate National Heart Month!**
****Happy Valentine's Day on February 14th! Join us and celebrate with a special valentine's day treat!**



- MONDAY** Frito Chili Pie offered with Golden Corn
- TUESDAY** Baked Potato with Fajita Chicken & Seasoned Carrots **V**
- WEDNESDAY** Chicken Parmesan Pasta offered with Breadstick & Mixed Vegetables
- THURSDAY** Teriyaki Beef Stir Fry offered with Brown Rice & Peas & Carrots
- FRIDAY** Chicken Fried Chicken offered with Whipped Potatoes & Gravy, Mixed Vegetables and Dinner Roll

Daily Special & Everyday

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



- MONDAY** Grilled Ham & Cheese or Chicken Tenders offered with Dinner Roll & Tater Tots
- TUESDAY** Grilled Chicken Club or Popcorn Chicken offered with French Fries
- WEDNESDAY** Rib-B-Q Sandwich or Chicken Tenders offered with Sweet Potato Fries
- THURSDAY** Chicken Fried Steak Sandwich or Popcorn Chicken offered with Potato Wedges
- FRIDAY** Bacon Cheeseburger or Chicken Tenders offered 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** Spicy Buffalo Chicken Pizza
- THURSDAY** Italian Sausage Calzone
- FRIDAY** BBQ Chicken Pizza



Daily Specials

****Join us for our special promotion Nacho Usual Nachos on Thursday!**
Get creative & put yummy new toppings on your nachos such as pulled BBQ turkey & spicy chorizo!

- MONDAY** Nacho offered with Refried Beans
- TUESDAY** Nacho offered with Fiesta Potatoes
- WEDNESDAY** Nacho offered with Frijoles Charros Beans
- THURSDAY** ****Nacho Usual Nachos**
- FRIDAY** Nacho 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** Strawberry Fields Parfait, Hearty Garden Salad or Sweet & Spicy Sub **V**
- TUESDAY** Strawberry Banana Parfait or Chef Salad
- WEDNESDAY** Just Peachy Parfait, Crispy Chicken Salad or Southwest Turkey Sub
- THURSDAY** Double Berry Parfait or Chicken Caesar Salad
- FRIDAY** Blueberry Patch Parfait, Cobb Salad or Sunbutter & Jelly Sandwich **V**

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.

Nutrition Information is available upon request.

