

Guthrie Jr. High School

February 18-22

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!*



MONDAY	No School
TUESDAY	Chili & Cheese Baked Potato with Steamed Broccoli
WEDNESDAY	Beefy Ravioli offered with Breadstick & Roasted Squash & Zucchini
THURSDAY	Spaghetti & Meatballs offered with a Breadstick and Green Peas
FRIDAY	Popcorn Chicken Bowl offered with Mixed Vegetables and Dinner Roll

Daily Special & Everyday

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



MONDAY	No School
TUESDAY	Beef Patty Melt 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	No School
TUESDAY	Pepperoni Calzone
WEDNESDAY	Italian Sausage Pizza
THURSDAY	Meat Lovers Calzone
FRIDAY	Spicy Buffalo Chicken Pizza



Daily Specials

Bean & Cheese Nachos offered daily!

MONDAY	No School
TUESDAY	Nacho Bar offered with Fiesta Potatoes
WEDNESDAY	Nacho Bar offered with Frijoles Charros Beans
THURSDAY	Nacho Bar offered with Fiesta Potatoes
FRIDAY	Nacho Bar 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		V
TUESDAY	Strawberry Banana Parfait, Chef Salad or Chicken Caesar Flatbread	
WEDNESDAY	Just Peachy Parfait, Southwest BBQ Chicken Salad or Chicken Salad Sub	
THURSDAY	Double Berry Parfait or Chicken Caesar Salad	
FRIDAY	Blueberry Patch Parfait, Spicy Buffalo Chicken 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.