

# Guthrie Jr. High School

## February 25- March 1

Our menus are aligned with the USDA's 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

*\*\*Join us for some yummy chili on February 28th to celebrate National Chili Day!*

*\*\*The Fresh Pick for February is Spinach to celebrate National Heart Month!*



- MONDAY** Walking Nachos offered with Mixed Vegetables
- TUESDAY** Szechuan Beef Stir Fry offered with Brown Rice and Seasoned Carrots
- WEDNESDAY** Cheese Dippers offered with Classic Tomato Soup
- THURSDAY** \*\*Hearty Chili & Cornbread offered with Golden Corn
- FRIDAY** Country Fried Steak offered with Mashed Potatoes & Gravy, Green Beans and Dinner Roll

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**V**

### Daily Special & Everyday

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



- MONDAY** Grilled Ham & Cheese or Chicken Tenders offered with 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 Bar offered with Refried Beans
- TUESDAY** Nacho Bar offered with Fiesta Potatoes
- WEDNESDAY** Nacho Bar offered with Frijoles Charros Beans
- THURSDAY** \*\*Nacho Usual Nachos
- FRIDAY** Nacho Bar offered with Refried Beans



### Daily Specials & Everyday

*Turkey and Ham 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
- 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

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**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.

