

# Guthrie Jr. High School

## February 4-8

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** Spaghetti & Meatballs offered with Mixed Vegetables and a Breadstick
- TUESDAY** Chicken Pot Pie offered with Green Beans
- WEDNESDAY** Orange Chicken offered with Brown Rice, Roasted Squash & Zucchini and Egg Roll
- THURSDAY** French Toast Sticks, Scrambled Eggs & Sausage Links offered with Cinnamon Baked Apples
- FRIDAY** Fiesta Bowl with Fresh Baked Cookie

### Daily Special & Everyday

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



- MONDAY** 3 Cheese Toaster or Chicken Tenders offered with Tater Tots
- 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** Hawaiian Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Sausage Pizza
- THURSDAY** Meat Lovers Calzone
- FRIDAY** Buffalo Chicken Pizza



### Daily Specials

- MONDAY** Nacho offered with Refried Beans
- TUESDAY** Nacho offered with Fiesta Potatoes
- WEDNESDAY** Nacho Bar offered with Frijoles Charro Beans
- THURSDAY** Nacho Bar offered with Fiesta Potatoes
- FRIDAY** Nacho Bar offered with Refried Beans



### Daily Special & 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 (V) or Southwest Turkey Sub **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**

**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.*

