

# Guthrie Jr High

## September 10-14

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

*\*\*Join us on National Fortune Cookie Day for some yummy Teriyaki Beef & a fortune cookie!*



- MONDAY** Frito Chili Pie offered with Golden Corn
- TUESDAY** Creamy Mac & Cheese offered with Breadstick & Seasoned Carrots
- WEDNESDAY** Chicken Parmesan Pasta offered with Breadstick & Mixed Vegetables
- THURSDAY** \*\*Teriyaki Beef Stir Fry offered with Brown Rice & Steamed Broccoli
- FRIDAY** Chicken Fried Chicken offered with Mashed Potatoes & Gravy, Mixed Vegetables and Dinner Roll

### Daily Special & Everyday

*Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburgers, Cheeseburger and Chicken Strips*



- MONDAY** Spicy Chicken Sandwich served with Tator Tots
- TUESDAY** Hamburger with French Fries
- WEDNESDAY** Rib-B-Q served with Sweet Potato Crinkle Cut Fries
- THURSDAY** Chicken Fried Steak Sandwich offered with Potato Wedges
- FRIDAY** Bacon Cheeseburger 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

- MONDAY** Nachos offered with choice of refried beans, chicken or beef
- TUESDAY** Nachos offered with choice of refried beans, chicken or beef
- WEDNESDAY** Nachos offered with choice of refried beans, chicken or beef
- THURSDAY** Nachos offered with choice of refried beans, chicken or beef
- FRIDAY** Nachos offered with choice of refried beans, chicken or beef



### 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 or Sweet & Spicy Sub
- TUESDAY** Chef Salad or Fiesta Wrap
- WEDNESDAY** Crispy Chicken Salad or Southwest Turkey Sub
- THURSDAY** Chicken Caesar Salad or Southwest Wrap
- FRIDAY** Cobb Salad or Sunbutter & Jelly Sandwich



**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.*

