

Guthrie Jr High

September 17-21

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



- MONDAY** Sweet & Sour Chicken offered with Lo Mein Pasta & Green Beans
- TUESDAY** Whole Grain Pancakes, Scrambled Eggs & Sausage offered with Sweet Potato Fries
- WEDNESDAY** Beefy Ravioli offered with Breadstick & Roasted Squash & Zucchini
- THURSDAY** Hearty Chili & Cornbread offered with Golden Corn
- FRIDAY** Popcorn Chicken Bowl offered with Mixed Vegetables and Dinner Roll

Daily Special & Everyday

Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburgers, Cheeseburgers, & Chicken Strips offered Daily



- MONDAY** Spicy Chicken Sandwich served with Tator Tots
- TUESDAY** Hamburger with French Fries
- WEDNESDAY** Rib-B-Q offered with Sweet Potato Crinkle Cut Fries
- THURSDAY** Chicken Fried Steak Sandwich offered with Potato Wedges
- FRIDAY** Bacon Cheeseburger served 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** Italian Sausage Pizza
- THURSDAY** Meat Lovers Calzone
- FRIDAY** Spicy Buffalo 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 **V**



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 Southwest Turkey Sub **V**
- TUESDAY** Chef Salad or Chicken Caesar Wrap
- WEDNESDAY** Southwest BBQ Chicken Salad or Chicken Salad Sub
- THURSDAY** Chicken Caesar Salad or Spicy Buffalo Chicken Wrap
- FRIDAY** Spicy Buffalo Chicken Salad or Sun-butter & 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.

