

Guthrie Junior High

September 3-7

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** Labor Day
No School
- TUESDAY** Chicken Pot Pie offered with Green Beans
- WEDNESDAY** Zesty 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** Chicken Tenders offered with a Freshly Baked Roll, Mashed Potatoes & Gravy & Green Peas

Daily Special & Everyday

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



- MONDAY** Labor Day
No School
- TUESDAY** Hamburger with French Fries
- WEDNESDAY** Rib-B-Q offered with Sweet Potato Crinkle Cut Fries
- THURSDAY** Chicken Fried Steak Sandwiches 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** Labor Day
No School
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Sausage Pizza
- THURSDAY** Meat Lovers Calzone
- FRIDAY** 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



Daily Special & Everyday

Turkey, Ham and American Subs made fresh and offered daily

- MONDAY** Labor Day
No School
- TUESDAY** Chef Salad or Chicken Caesar Wrap
- WEDNESDAY** Southwest BBQ Chicken Salad or Chicken Salad Sub
- THURSDAY** Chicken Caesar Salad or Spicy Buffalo Wrap
- FRIDAY** Spicy Buffalo Chicken Salad or Sun-butter & Jelly Sandwich (V)

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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.

