

Guthrie High School

December 4-8

Our menus are aligned with the USAs Healthier U.S. School Challenge.

SIDES

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

CREATIONS

- MONDAY** Pasta Pronto offered with Green Peas, Breadstick & Cookie
- TUESDAY** Cheeseburger Meatloaf , Mashed Potatoes & Gravy, Dinner Roll
- WEDNESDAY** Chopstick Creations offered with Steamed Carrots and a Egg Roll
- THURSDAY** **Italian Pizza Mac offered with Seasoned Mixed Vegetables
- FRIDAY** Chicken Tenders offered with Mashed Potatoes & Gravy, Green Beans and a Freshly Baked Roll

Daily Special & Everyday

Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger and Cheeseburgers offered daily!

GRILL

- MONDAY** Corndog offered with Tater Tots
- TUESDAY** BBQ Pork Sandwich offered with Baked Beans
- WEDNESDAY** Build a Better Burger offered with French Fries
- THURSDAY** Chicken Fried Steak Sandwich offered with Potato Wedges
- FRIDAY** Cowboy Steak Sandwich offered with French Fries **V**

Daily Special & Everyday

Cheese and Pepperoni Pizza offered daily

PIZZA

Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust

- MONDAY** Supreme Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Buffalo Chicken Pizza
- THURSDAY** Sausage Calzone
- FRIDAY** BBQ Chicken Pizza

Daily Specials

Nacho Bar offered daily with variety of Cheese Sauces, Mexican Pulled Chicken, Refried Beans or Crumbled Beef

SALSA

Entrée made fresh daily using low fat

- MONDAY** Taco Salad offered with Refried Beans
- TUESDAY** Beef Enchilada offered with Fiesta Potatoes
- WEDNESDAY** Build Your Own Burrito offered with Frijoles Charro Beans **V**
- THURSDAY** Chicken Enchilada Suiza offered with Fiesta Potatoes
- FRIDAY** Fiesta Bowl offered with Refried Beans

Daily Special & Everyday

Turkey, Ham and American Subs made fresh and offered daily

Fast Takes products are made daily using local ingredients when seasonally available

FAST TAKES

- MONDAY** Hearty Garden Salad (V) or Sweet & Spicy Sub **V**
- TUESDAY** Chef Salad or Fiesta Wrap
- WEDNESDAY** Antipasto Salad or Southwest Turkey Sub
- THURSDAY** Chicken Caesar Salad or Southwest Wrap
- FRIDAY** Cobb Salad or Italian Wrap

V Vegetarian

M Mindful

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.

CROSSROADS

CAFE

by sodexo*