

# Guthrie High School

## December 18-22

Our menus are aligned with the USDAs 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 Seasoned Mixed Vegetables and a Breadstick
- TUESDAY** Chicken Pot Pie offered with Green Beans
- WEDNESDAY** Chopstick Creations offered with Roasted Squash & Zucchini and a Egg Roll
- THURSDAY** WINTER BREAK ~ SEE YOU NEXT YEAR
- FRIDAY** MERRY CHRISTMAS

### Daily Special & Everyday

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

### GRILL

- MONDAY** Chili Cheese Hotdog offered with Tater Tots
- TUESDAY** BBQ Pork Sandwich offered with Baked Beans
- WEDNESDAY** Build a Better Burger offered with French Fries
- THURSDAY** WINTER BREAK~ SEE YOU NEXT YEAR
- FRIDAY** MERRY CHRISTMAS V

### PIZZA

### 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** Taco Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Sausage Pizza
- THURSDAY** WINTER BREAK~SEE YOU NEXT YEAR
- FRIDAY** MERRY CHRISTMAS

### SALSA

### Daily Specials

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

*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** WINTER BREAK~ SEE YOU NEXT YEAR
- FRIDAY** MERRY CHRISTMAS

### FAST TAKES

### 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 (V) or Southwest Turkey Sandwich V
- TUESDAY** Chef Salad or Chicken Caesar Wrap V
- WEDNESDAY** Spinach Salad (V) V
- THURSDAY** WINTER BREAK~SEE YOU NEXT YEAR
- FRIDAY** MERRY CHRISTMAS

**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\*