

Guthrie High School

April 22-26

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.

CREATIONS

MONDAY	Fritos Chili Pie offered with Corn
TUESDAY	Creamy Mac & Cheese offered with Breadstick & Seasoned Carrots
WEDNESDAY	Roasted Turkey offered with Mashed Potatoes & Gravy, Mixed Vegetables & Roll
THURSDAY	Stir Fry Teriyaki Beef offered with Brown Rice & Steamed Broccoli
FRIDAY	Chicken Fried Chicken offered with Mashed Potatoes, Green Beans and a Freshly Baked Roll

Daily Special & Everyday

Hamburger, Cheeseburger Crispy Chicken Sandwich, & Spicy Chicken Sandwich offered Daily!

GRILL

MONDAY	3 Cheese Toaster or Chicken Tenders offered with Tater Tots
TUESDAY	Beef Patty Melt or Popcorn Chicken Offered with French Fries
WEDNESDAY	Rib-B-Q Sandwich or Chicken Tenders offered with Sweet Potato Fries
THURSDAY	Chicken Fried Steak Sandwich or Popcorn Chicken offered with Potato Wedges
FRIDAY	Bacon Cheeseburger or Chicken Tenders offered with French Fries

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	Hawaiian Pizza
TUESDAY	Pepperoni Calzone
WEDNESDAY	Italian Sausage Pizza
THURSDAY	Meat Lovers Calzone
FRIDAY	Spicy Buffalo Chicken Pizza

SALSA

Daily Specials

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

MONDAY	Nacho Bar offered with Refried Beans
TUESDAY	Nacho Bar offered with Fiesta Potatoes
WEDNESDAY	Nacho Bar offered with Frijoles Charros Beans
THURSDAY	Nacho bar offered with Fiesta Potatoes
FRIDAY	Nacho Bar offered with Refried Beans

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	Strawberry fields Parfait, Hearty Garden Salad or Southwest Turkey Sub	V
TUESDAY	Strawberry Banana Parfait, Chef Salad or Chicken Caesar Wrap	
WEDNESDAY	Just Peachy Parfait, Southwest BBQ Chicken Salad or Chicken Salad Sub	
THURSDAY	Double Berry Parfait, Chicken Caesar Salad or Spicy Buffalo Chicken Wrap	
FRIDAY	Blueberry Patch Parfait, Spicy Buffalo Chicken Salad or Sunbutter & Jelly Sandwich	V

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.

Nutrition Information is available upon request.

CROSSROADS
CAFE
by **sodexo**