

# Guthrie High School

## March 11-15

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

*\*\*The Fresh Pick for March is Broccoli!*

*\*\*Special Promotion: Sandwiches with an Attitude!*

### CREATIONS

<b>MONDAY</b>	Spaghetti & Meatballs with Breadstick & Mixed Vegetables
<b>TUESDAY</b>	Chicken Pot Pie offered with Green Beans
<b>WEDNESDAY</b>	Zesty Orange Chicken offered with Roasted Squash & Zucchini
<b>THURSDAY</b>	**Meatball Subs with an Attitude offered with Potato Wedges
<b>FRIDAY</b>	Crispy Chicken Tenders offered with Mashed Potatoes, Green Peas and a Freshly Baked Roll

### Daily Special & Everyday

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

### GRILL

<b>MONDAY</b>	Grilled Ham & Cheese Sandwich or Chicken Tenders offered with Tater Tots
<b>TUESDAY</b>	Grilled Chicken Club Sandwich or Pop-corn Chicken offered with French Fries
<b>WEDNESDAY</b>	Rib-B-Q Sandwich or Chicken Tenders offered with Sweet Potato Fries
<b>THURSDAY</b>	Chicken Fried Steak Sandwich or Pop-corn Chicken offered with Potato Wedges
<b>FRIDAY</b>	Bacon Cheeseburger or Chicken Tenders offered with French Fries

### 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*

<b>MONDAY</b>	Supreme Pizza
<b>TUESDAY</b>	Pepperoni Calzone
<b>WEDNESDAY</b>	Italian Sausage Pizza
<b>THURSDAY</b>	Meat Lovers Calzone
<b>FRIDAY</b>	Spicy Buffalo Chicken Pizza

### SALSA

### Daily Specials

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

<b>MONDAY</b>	Nacho Bar offered with Refried Beans
<b>TUESDAY</b>	Nacho Bar offered with Fiesta Potatoes
<b>WEDNESDAY</b>	Nacho Bar offered with Frijoles Charros Beans
<b>THURSDAY</b>	Nacho Bar offered with Fiesta Potatoes
<b>FRIDAY</b>	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*

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

**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*