

# Guthrie High School

May 13-17

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

<b>MONDAY</b>	Walking Nachos offered with Green Beans
<b>TUESDAY</b>	Chicken & Waffles offered with Sweet Glazed Carrots
<b>WEDNESDAY</b>	Sweet and Sour Chicken offered with Steamed Broccoli
<b>THURSDAY</b>	Fritos Chili Pie offered with Corn
<b>FRIDAY</b>	Crispy Chicken Tenders 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

<b>MONDAY</b>	3 Cheese Toaster or Chicken Tenders offered with Tater Tots
<b>TUESDAY</b>	Beef Patty Melt or Popcorn 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 Popcorn Chicken offered with Potato Wedges
<b>FRIDAY</b>	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*

<b>MONDAY</b>	Hawaiian 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	V
<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	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\*