

# Guthrie High School

May 20-24

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>    | 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>  | Managers Choice   |
| <b>FRIDAY</b>    | Managers Choice   |

## 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 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            |

## 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>  | Pepperoni & Cheese Pizza |
| <b>FRIDAY</b>    | Pepperoni & Cheese Pizza |

## Daily Specials

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

## SALSA

|                  |   |
|------------------|---|
| <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          |

## Daily Specials & Everyday

*Turkey, Ham and American Subs made fresh and offered daily*

## FAST TAKES

*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>  | Salad Bar  |          |
| <b>FRIDAY</b>    | Salad Bar  | <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*