

# Guthrie High School

## October 2-6

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** Creamy Mac & Cheese offered with Green Beans and a Breadstick
- TUESDAY** Chicken Tenders, Mashed Potatoes & Gravy, Dinner Roll offered with Seasoned Mixed Vegetables
- WEDNESDAY** Sweet & Sour Chicken offered with Lo Mein Pasta, Peas & Carrots and Egg Roll
- THURSDAY** Frito Chili Pie offered with Roasted Squash & Zucchini and a Freshly Baked Cookie
- FRIDAY** HOMECOMING EARLY RELEASE Come see us in the Ala Cart Room for Pizza, Grill, Sandwiches & Salads

### 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** Grilled Chicken Sandwich offered with Potato Wedges
- FRIDAY** Hamburgers, Cheeseburgers, Crispy Chicken Sandwich, Spicy Chicken Sandwich, offered with Fries

### Daily Special & Everyday

*Cheese and Pepperoni Pizza offered daily*

#### PIZZA

**\*\*Eat the Heat Promotional Item**

- MONDAY** Taco Pizza
- TUESDAY** Supreme Pizza
- WEDNESDAY** Sausage Pizza
- THURSDAY** Hawaiian Pizza
- FRIDAY** HOMECOMING EARLY RELEASE Come see us in the Ala Cart room for Pepperoni & Cheese Pizza

#### SALSA

*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** Chicken Enchilada Suiza offered with Fiesta Potatoes
- FRIDAY** HOMECOMING EARLY RELEASE Come see us for lunch in the Ala Cart Room

### Daily Specials & Everyday

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

**\*\*Eat the Heat Promotional Item**

#### FAST TAKES

- MONDAY** Hearty Garden Salad (V) or Southwest Turkey Sub **V**
- TUESDAY** Chef Salad or Chicken Caesar Wrap **V**
- WEDNESDAY** Spinach Salad (V) or Chicken Salad Sub **V**
- THURSDAY** Chicken Caesar Salad or \*\*Spicy Buffalo Chicken Wrap
- FRIDAY** \*\*Spicy Buffalo Chicken Salad or Chef Wrap

**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\*