

# Guthrie High School

October 30- November 3

Our menus are aligned with the USDA's 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

<b>MONDAY</b>	Spaghetti & Meatballs with Green Peas and a Breadstick
<b>TUESDAY</b>	Beefy Mac offered with Green Beans and a Breadstick
<b>WEDNESDAY</b>	Szechuan Beef offered with Brown Rice, Steamed Carrots and Egg Roll
<b>THURSDAY</b>	Rib-b-que Sandwich offered with Seasoned Mixed Vegetables
<b>FRIDAY</b>	Chicken Tenders offered with Mashed Potatoes & Gravy, Corn and a Freshly Baked Roll

## Daily Special & Everyday

*Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger and Cheeseburgers offered daily!*

### GRILL

<b>MONDAY</b>	Corndog offered with Tater Tots
<b>TUESDAY</b>	BBQ Pork Sandwich offered with Baked Beans
<b>WEDNESDAY</b>	Build a Better Burger offered with French Fries
<b>THURSDAY</b>	Chicken Fried Steak Sandwich offered with Potato Wedges
<b>FRIDAY</b>	Cowboy Steak Sandwich offered with French Fries

## Daily Special & Everyday

*Cheese and Pepperoni Pizza offered daily*

### PIZZA

*\*\*Eat the Heat Promotional Item*

<b>MONDAY</b>	Supreme Pizza
<b>TUESDAY</b>	Hawaiian Pizza
<b>WEDNESDAY</b>	**Buffalo Chicken Pizza
<b>THURSDAY</b>	Sausage Calzone
<b>FRIDAY</b>	BBQ Chicken Pizza

## Daily Specials

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

*Entrée made fresh daily using low fat*

### SALSA

<b>MONDAY</b>	Taco Salad offered with Refried Beans
<b>TUESDAY</b>	Beef Enchilada offered with Fiesta Potatoes
<b>WEDNESDAY</b>	Bean & Cheese Burrito offered with Frijoles Charro Beans <b>V</b>
<b>THURSDAY</b>	Chicken Enchilada Suiza offered with Fiesta Potatoes
<b>FRIDAY</b>	Fiesta Bowl offered with Refried Beans

## Daily Special & Everyday

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

*Fast Takes products are made daily using local ingredients when seasonally available*

### FAST TAKES

<b>MONDAY</b>	Hearty Garden Salad (V) or Sweet & Spicy Sub <b>V</b>
<b>TUESDAY</b>	Chef Salad or Fiesta Wrap
<b>WEDNESDAY</b>	Antipasto Salad or Southwest Turkey Sub <b>V</b>
<b>THURSDAY</b>	Chicken Caesar Salad or Southwest Wrap
<b>FRIDAY</b>	Cobb Salad or Italian 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\*