

# Guthrie High School

## September 25-29

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

<b>MONDAY</b>	NO SCHOOL
<b>TUESDAY</b>	Oven Roasted Turkey offered with Freshly Baked Roll, Green Beans & a Cookie
<b>WEDNESDAY</b>	Chopstick Creations offered with Steamed Carrots and a Egg Roll
<b>THURSDAY</b>	Rib-b-que Sandwich offered with Seasoned Mixed Vegetables
<b>FRIDAY</b>	Chicken Tenders offered with Mashed Potatoes & Gravy, Green Beans and a Freshly Baked Roll

### Daily Special & Everyday

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

### GRILL

<b>MONDAY</b>	NO SCHOOL
<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 <b>V</b>

### 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>	NO SCHOOL
<b>TUESDAY</b>	Pepperoni Calzone
<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*

### SALSA

*Entrée made fresh daily using low fat*

<b>MONDAY</b>	NO SCHOOL
<b>TUESDAY</b>	Beef Enchilada offered with Fiesta Potatoes
<b>WEDNESDAY</b>	Build Your Own Burrito offered with Frijoles Charro Beans
<b>THURSDAY</b>	Chicken Enchilada Suiza offered with Fiesta Potatoes
<b>FRIDAY</b>	**Chili Rellenos with Spanish Rice offered with Refried Beans <b>V</b>

### Daily Special & 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>	NO SCHOOL	<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\*