

Guthrie High School

October 9-13

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	Spaghetti & Meatballs offered with Seasoned Mixed Vegetables and a Breadstick
TUESDAY	Chicken Pot Pie offered with Green Beans
WEDNESDAY	Orange Chicken offered with Brown Rice, Roasted Squash & Zucchini and a Egg Roll
THURSDAY	Scrambled Eggs, Sausage Links & Biscuit & Gravy offered with Cinnamon Baked Apples
FRIDAY	Chicken Tenders offered with a Freshly Baked Roll, Mashed Potatoes & Gravy and Green Peas

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 Potato Wedges
FRIDAY	Three Cheese Toaster offered with French Fries V

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	**Buffalo 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

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

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 Sandwich 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

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*