

# Guthrie Jr. High

## September 16-20

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**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



- MONDAY** Beefy Ravioli offered with Breadstick & Roasted Squash & Zucchini
- TUESDAY** Pancakes, Scrambled Eggs & Sausage offered with Sweet Potato Fries
- WEDNESDAY** \*\*World Street Food Day: Chopsticks
- THURSDAY** Hearty Chili & Cornbread offered with Golden Corn **V**
- FRIDAY** Popcorn Chicken Bowl offered with Mixed Vegetables and Dinner Roll

### Daily Special & Everyday



- MONDAY** Chicken Tenders offered with Dinner Roll & Tater Tots
- TUESDAY** Popcorn Chicken offered with Dinner Roll & French Fries
- WEDNESDAY** Chicken Nuggets offered with Dinner Roll & Sweet Potato Fries
- THURSDAY** Popcorn Chicken offered with Dinner Roll & Potato Wedges
- FRIDAY** Pulled Pork Sandwich offered with Western Baked Beans



**Daily Special & Everyday**  
*Cheese and Pepperoni Pizza offered daily*  
*Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust*

- MONDAY** \*\*September Special: Meatball Marinara Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Italian Sausage Pizza
- THURSDAY** Meat Lovers Calzone
- FRIDAY** Spicy Buffalo Chicken Pizza



**Daily Specials**  
*Bean & Cheese Nachos offered daily!*

- MONDAY** Chicken Nachos or Tacos offered with Refried Beans
- TUESDAY** Beef Nachos or Tacos offered with Fiesta Potatoes
- WEDNESDAY** Bean & Cheese Nachos or Cheese Enchiladas offered with Refried Beans **V**
- THURSDAY** Beef Nachos or Tacos offered with Fiesta Potatoes
- FRIDAY** Chicken Nachos or Tacos offered with Frijoles Charros Beans



**Daily Specials & Everyday**  
*Turkey and Ham Subs made fresh and offered daily*  
*Fast Takes products are made daily using local ingredients when seasonally available*

- MONDAY** Chef Salad or Sweet & Spicy Sub
- TUESDAY** Chef Salad or Sweet & Spicy Sub
- WEDNESDAY** Chef Salad or Sweet & Spicy Sub
- THURSDAY** Chef Salad or Protein Power Box **V**
- FRIDAY** Spicy Buffalo Chicken Salad or Sun-butter & Jelly Sandwich **V**

**V Vegetarian**  
**SP Smart Pick**

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

*This institution is an equal opportunity provider.*



Nutrition Information is available upon request.