

Guthrie Jr. High

September 23-27

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

The Fresh Pick for September is Watermelon!



MONDAY	NO SCHOOL
TUESDAY	Szechuan Beef Stir Fry offered with Brown Rice and Seasoned Carrots
WEDNESDAY	**World Street Food Day: Beale Street BBQ
THURSDAY	Savory Spaghetti & Meatballs offered with Green Peas
FRIDAY	Country Fried Steak offered with Mashed Potatoes & Gravy, Green Beans and Dinner Roll

Daily Special & Everyday

Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger & Cheeseburgers offered daily!



MONDAY	NO SCHOOL
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	Bacon Cheeseburger 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	NO SCHOOL
TUESDAY	Pepperoni Calzone
WEDNESDAY	Spicy Buffalo Chicken Pizza
THURSDAY	Italian Sausage Calzone
FRIDAY	BBQ Chicken Pizza



Daily Specials

Bean and Cheese Nachos offered daily!

MONDAY	NO SCHOOL
TUESDAY	Beef Nachos or Tacos offered with Fiesta Potatoes
WEDNESDAY	Bean & Cheese Nachos (V) or Beef 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	NO SCHOOL
TUESDAY	Chicken Caesar Salad or Spicy Buffalo Chicken Wrap
WEDNESDAY	Chicken Caesar Salad or Spicy Buffalo Chicken Wrap
THURSDAY	Chef Salad or Protein Power Box (V) V
FRIDAY	Spicy Buffalo Chicken Salad or Sunbutter & Jelly Sandwich (V) 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.