

Guthrie Jr. High

September 9-13

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** Frito Chili Pie offered with Golden Corn
- TUESDAY** Creamy Mac & Cheese offered with Breadstick & Seasoned Carrots **V**
- WEDNESDAY** **World Street Food Day: Overslept Burrito
- THURSDAY** Teriyaki Beef Stir Fry offered with Rice & Steamed Broccoli
- FRIDAY** Chicken Fried Chicken offered with Mashed Potatoes & Gravy, Green Beans 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** Chicken Fried Steak 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** Supreme Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Spicy Buffalo Chicken Pizza
- THURSDAY** Italian Sausage Calzone
- FRIDAY** BBQ 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 Chicken 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** Crispy Chicken Salad or Fiesta Wrap
- TUESDAY** Crispy Chicken Salad or Fiesta Wrap
- WEDNESDAY** Crispy Chicken Salad or Fiesta Wrap
- 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.

