Guthrie Jr High

April 1-5

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

Daily Special

**The Fresh Pick for April is Cauliflower

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daily

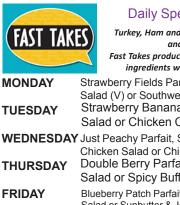


MONDAY	Walking Nachos offered with Mixed Vegetables
TUESDAY	Szechuan Beef Fry offered with Brown Rice and Seasoned Carrots
WEDNESDAY	Cheese Dippers offered with Classic Tomato Soup
THURSDAY	Savory Spaghetti & Meatballs offered with Peas
FRIDAY	Country Fried Steak offered with Mashed Potatoes & Gravy, Green Beans, & Roll

Daily Special & Everyday

UPPER CRUS	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	Sausage Pizza
THURSDAY	Meat Lover's Calzone

FRIDAY **Buffalo Chicken Pizza**



Daily Special & Everyday





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



MONDAY	Grilled Ham & Cheese or Chicken Tenders offered with Tater Tots
TUESDAY	Grilled Chicken Club or Popcorn
	Chicken offered with French Fries
WEDNESDAY	Rib-B-Q sandwich or Chicken Tende
	offered with Sweet Potato Fries
THURSDAY	Chicken Fried Steak Sandwich or Pop corn chicken offered with Potato Wedge
FRIDAY	Bacon Cheeseburger or Chicken Tende offered with French Fries

ub or Popcorn th French Fries or Chicken Tenders Potato Fries Sandwich or Popwith Potato Wedges or Chicken Tenders ries



Daily Specials

Bean & Cheese Nachos offered daily!

MONDAY	Nacho Bar offered with Refried Beans
TUESDAY	Nacho Bar offered with Fiesta Potato
WEDNESDAY	Nacho Bar offered with Frijoles Charro Beans
THURSDAY	Nacho Bar offered with Fiesta Pota toes
FRIDAY	Nacho Bar with Refried Beans

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.

