

# Guthrie Jr High

April 15-19

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 April is Cauliflower*



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

## 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 Tenders offered with Sweet Potato Fries
- THURSDAY** Chicken Fried Steak Sandwich or Popcorn chicken offered with Potato Wedges
- FRIDAY** Bacon Cheeseburger or Chicken Tenders offered with French Fries



**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** Sausage Pizza
- THURSDAY** Meat Lover's Calzone
- FRIDAY** Buffalo Chicken Pizza



## Daily Specials

*Bean & Cheese Nachos offered daily!*

- MONDAY** Nacho Bar offered with Refried Beans
- TUESDAY** Nacho Bar offered with Fiesta Potatoes
- WEDNESDAY** Nacho Bar offered with Frijoles Charro Beans
- THURSDAY** Nacho Bar offered with Fiesta Potatoes
- FRIDAY** Nacho Bar with Refried Beans



## Daily Special & Everyday

*Turkey, Ham and American Subs made fresh and offered daily*  
*Fast Takes products are made daily using local ingredients when seasonally available*

- MONDAY** Strawberry Fields Parfait, Hearty Garden Salad (V) or Southwest Turkey Sub
- TUESDAY** Strawberry Banana Parfait, Chef Salad or Chicken Caesar Wrap
- WEDNESDAY** Just Peachy Parfait, Southwest BBQ Chicken Salad or Chicken Salad Sub
- THURSDAY** Double Berry Parfait, Chicken Caesar Salad or Spicy Buffalo Wrap
- FRIDAY** Blueberry Patch Parfait, Spicy Buffalo Chicken Salad or Sunbutter & Jelly Sandwich (V)

**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.

