

Guthrie Jr High

April 22nd-26th

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** Fritos Chili Pie offered with Corn **V**
- TUESDAY** Creamy Mac & Cheese offered with Breadstick & Seasoned Carrots
- WEDNESDAY** Chicken Parmesan Pasta offered with Breadstick & Mixed Vegetables
- THURSDAY** Teriyaki Beef Stir Fry offered with Brown Rice & Steamed Broccoli
- FRIDAY** Chicken Fried Chicken offered with Mashed Potatoes & Gravy, Mixed Vegetables and Dinner Roll

Daily Special & Everyday



- MONDAY** 3 Cheese Toaster or Chicken Tenders offered with Tater Tots
- TUESDAY** Beef Patty Melt or Popcorn Chicken offered with French Fries
- WEDNESDAY** Rib-B-Q Sandwich or Chicken Tenders offered with Sweet Potato Fries
- THURSDAY** Chicken Fried Steak 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** Hawaiian 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** Nacho Bar offered with Refried Beans
- TUESDAY** Nacho Bar offered with Fiesta Potatoes
- WEDNESDAY** Nacho Bar offered with Frijoles Charros Beans
- THURSDAY** Nacho Bar offered with Fiesta Potatoes
- FRIDAY** Nacho Bar with Refried Beans



Daily Specials & 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 or Southwest Turkey Sub **V**
- 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 Chicken Wrap
- FRIDAY** Blueberry Patch Parfait, Spicy Buffalo Chicken Salad or Sunbutter & 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.

