Guthrie Jr High

April 29- May 3

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

Daily Special

**The Fresh Pick for April is Cauliflower



Sweet & Sour Chicken offered with Lo MONDAY

Mein pasta & Green Beans

Pancakes, Scrambled Eggs & Sausage offered **TUESDAY**

with Sweet Potato Fries

Beefy Ravioli offered with Breadstick & **WEDNESDAY**

Roasted Squash & Zucchini

Hearty Chili & Cornbread offered with **THURSDAY**

popcorn Chicken Bowl offered with Mixed **FRIDAY**

Vegetables & Roll

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

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

Pepperoni Calzone **TUESDAY**

WEDNESDAY Sausage Pizza

THURSDAY Meat Lover's Calzone

FRIDAY Buffalo Chicken Pizza



FRIDAY

Daily Specials

Bean & Cheese Nachos offered daily!

Nacho Bar offered with Refried **MONDAY**

Reans

TUESDAY Nacho Bar offered with Fiesta Potatoes

WEDNESDAY Nacho Bar offered with Frijoles Charro

Beans

Nacho Bar offered with Fiesta Pota-**THURSDAY**

toes

FRIDAY Nacho Bar with Refried Beans



TUESDAY

THURSDAY

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

Strawberry Fields Parfait, Hearty Garden **MONDAY**

Salad (V) or Southwest Turkey Sub Strawberry Banana Parfait, Chef

Salad or Chicken Caesar Wrap WEDNESDAY Just Peachy Parfait, Southwest BBQ

> Chicken Salad or Chicken Salad Sub Double Berry Parfait, Chicken Caesar

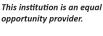
Salad or Spicy Buffalo Wrap

Blueberry Patch Parfait, Spicy Buffalo Chicken **FRIDAY**

Salad or Sunbutter & Jelly Sandwich (V)

Vegetarian **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.

opportunity provider.



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Nutrition Information is available upon request.