

# Guthrie Jr High

## January 13-17

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 January is Oranges!*



- MONDAY** Creamy Mac & Cheese offered with Breadstick & Green Beans **V**
- TUESDAY** Chicken & Waffles offered with Sweet Glazed Carrots
- WEDNESDAY** Sweet & Sour Chicken & Lo Mein offered with Steamed Broccoli
- THURSDAY** Frito Chili Pie offered with Golden Corn **V**
- FRIDAY** Crispy Chicken Tenders offered with Mashed Potatoes & Gravy, Mixed Vegetables and Dinner Roll

### Daily Special & Everyday



- MONDAY** Chicken Tenders offered with Dinner Roll & Tater Tots
- TUESDAY** Chicken Nuggets offered with Dinner Roll & French Fries
- WEDNESDAY** Chicken Tenders offered with Dinner Roll & Sweet Potato Fries
- THURSDAY** Chicken Nuggets offered with Dinner Roll & Potato Wedges
- FRIDAY** Rib-b-que 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** *\*\*January: Vegetable Pizza!*
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Italian Sausage Pizza
- THURSDAY** Meat Lover's Calzone
- FRIDAY** Spicy Buffalo 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 (V) or Chicken Enchilada Suiza 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, Ham and American Subs made fresh and offered daily*  
*Fast Takes products are made daily using local ingredients when seasonally available*

- MONDAY** Cobb Salad or Southwest Turkey Wrap
- TUESDAY** Cobb Salad or Southwest Turkey Wrap
- WEDNESDAY** Cobb Salad or Southwest Turkey Wrap
- THURSDAY** Chef Salad & Protein Power Box (V) **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.*

Nutrition Information is available upon request.

