

# Guthrie Jr. High

## March 2-6

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

*March Fresh Pick: Broccoli*



- MONDAY** Frito Chili Pie offered with Golden Corn **V**
- TUESDAY** Creamy Mac & Cheese offered with Breadstick & Seasoned Carrots **V**
- WEDNESDAY** Chicken Parmesan Pasta offered with Breadsticks & Mixed Vegetables
- THURSDAY** Teriyaki Beef Stir Fry offered with Rice & Steamed Broccoli
- FRIDAY** Chicken Fried Chicken offered with Mashed Potatoes & Gravy, Green Beans 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** Chicken Fried Steak 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** Supreme Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Spicy Buffalo Chicken Pizza
- THURSDAY** Italian Sausage Calzone
- FRIDAY** BBQ 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** Chicken Nachos or Chicken Enchiladas offered with Refried Beans
- THURSDAY** Beef Nachos or Tacos offered with Fiesta Potatoes
- FRIDAY** Chicken Nachos or Tacos offered with Frijoles Charros Beans



### Daily Specials & Everyday

*Turkey and Ham Subs made fresh and offered daily*

*Fast Takes products are made daily using local ingredients when seasonally available*

- MONDAY** Crispy Chicken Salad or Fiesta Wrap
- TUESDAY** Crispy Chicken Salad or Fiesta Wrap
- WEDNESDAY** Crispy Chicken Salad or Fiesta Wrap
- THURSDAY** Chef Salad or Protein Power Box **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.*

