

# Guthrie Jr High

March 25-29

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 March is Broccoli!**

**\*\*Special Promotion: Sandwiches with Attitude**



- MONDAY** Walking Nachos offered Green Beans
- TUESDAY** \*\*Meatball or Pulled Pork & Turkey Sandwiches with Attitude offered with Potato Wedges
- WEDNESDAY** Beefy Ravioli offered with Breadstick & Roasted Squash & Zucchini
- THURSDAY** Hearty Chili & Cornbread offered with Golden Corn **V**
- FRIDAY** Popcorn Chicken Bowl offered with Mixed Vegetables and Dinner Roll

## Daily Special & Everyday



- MONDAY** Grilled Ham & Cheese or Chicken Tenders offered with Tater Tots
- TUESDAY** Grilled Chicken Club Sandwich 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** 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 offered with Refried Beans **V**



## 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.