

Guthrie Jr. High

November 4-8

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



- 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** Popcorn Chicken offered with Dinner Roll & French Fries
- WEDNESDAY** Chicken Nuggets offered with Dinner Roll & Sweet Potato Fries
- THURSDAY** Popcorn Chicken 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** **November Special: Cheeseburger 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.