Guthrie Jr High

March 5-9

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



V

V

V

Creamy Mac & Cheese with Green MONDAY

Beans and a Breadstick

Chicken & Waffles offered with Seasoned **TUESDAY**

Mixed Vegetables

Sweet & Sour Chicken offered with Lo **WEDNESDAY** Mein Pasta, Peas & Carrots and Egg Roll

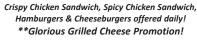
Frito Chili Pie offered with Roasted **THURSDAY**

Squash & Zucchini

Steak Fingers offered with Mashed Potatoes & Gravy, **FRIDAY**

Sweet Glazed Carrots and a Freshly Baked Roll

Daily Special & Everyday





V

MONDAY Chili Cheese Hotdog offered with

Tater Tots

TUESDAY Pulled Pork Sandwich offered with

Baked Beans

WEDNESDAY Build a Better Burger offered with

French Fries

THURSDAY Chicken Fried Steak Sandwich

offered with Potato Wedges

** California Grilled Cheese 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 BBQ Chicken Pizza

Pepperoni Calzone **TUESDAY**

WEDNESDAY Sausage Pizza

THURSDAY Meatlovers Pizza

FRIDAY Buffalo Chicken Pizza



FRIDAY

Daily Specials

**Come celebrate the unique and delicious flavors of Honduras on March 6th!

Chicken Nachos or Taco Salad **MONDAY**

offered with Refried Beans **TUESDAY** **Honduran Bean & Queso Blanco Quesadilla (V)

or Beef Enchilada offered with Fiesta Potatoes

Beef Nachos or Bean & Cheese Burrito (V) **WEDNESDAY** offered with Frijoles Charro Beans

Beef Tacos or Chicken Enchilada **THURSDAY**

Suiza offered with Fiesta Potatoes

FRIDAY Chicken Nachos or Fiesta Bowl offered

with Refried Beans



TUESDAY

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

Hearty Garden Salad (V) or Southwest **MONDAY** Turkey Sub

Chef Salad or Chicken Caesar Wrap

WEDNESDAY Spinach Salad (V) or Chicken Salad Sub

Chicken Caesar Salad or Spicy Buf-**THURSDAY**

falo Chicken Wrap

FRIDAY Spicy Buffalo Chicken Salad or Chef

Wrap

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.

This institution is an equal opportunity provider.



