

Guthrie Junior High

August 21-25

Our menus are aligned with the USDA's 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** Bacon Cheeseburger or Hot Dog offered with Peppered Broccoli Florets
- TUESDAY** Big Texan or Chicken Po Boy Stacker offered with Seasoned Corn
- WEDNESDAY** Baked Potato with Fajita Chicken or Pulled Pork & Potato Salad
- THURSDAY** Cheddar Beef or Southwest Chicken Stacker offered with New England Style Baked Beans
- FRIDAY** Traditional Beef Stew with Homemade Cornbread or Chicken Nachos

Daily Special



- MONDAY** Hamburger, Cheeseburger, Spicy & Regular Chicken Sandwich with Tater Tots
- TUESDAY** Hamburger, Cheeseburger, Spicy & Regular Chicken Sandwich with Potato Wedges
- WEDNESDAY** Hamburger, Cheeseburger, Spicy & Regular Chicken Sandwich with Tater Tots
- THURSDAY** Hamburger, Cheeseburger, Spicy & Regular Chicken Sandwich with Potato Wedges
- FRIDAY** Hamburger, Cheeseburger, Spicy & Chicken Sandwich with Tater Tots

Daily Special & Everyday



Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust

- MONDAY** Smokin' BBQ Chicken Pizza & Pepperoni Pizza
- TUESDAY** Cheese Pizza & Pepperoni Pizza
- WEDNESDAY** Smokin' BBQ Chicken Pizza & Pepperoni Pizza
- THURSDAY** Sausage Pizza & Pepperoni Pizza
- FRIDAY** Cheese Pizza & Pepperoni Pizza

Daily Special & Everyday



*Turkey & Ham Subs made fresh and offered daily
Fast Takes products are made daily using local ingredients when seasonally available*

- MONDAY** Chef Salad with Whole Grain Crackers **V**
- TUESDAY** Crispy Buffalo Chicken Salad with Whole Grain Crackers
- WEDNESDAY** Italian Chicken Salad with Whole Wheat Crackers
- THURSDAY** Chicken Salad with Whole Grain Crackers
- FRIDAY** Chicken Caesar Salad with Whole Grain Crackers

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.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

