

Guthrie Jr High School

October 16-20

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 a Breadstick & Roasted Carrots **V**
- TUESDAY** Chicken Parmesan offered with a Breadstick & Seasoned Mixed Vegetables
- WEDNESDAY** Teriyaki Beef offered with Lo Mein Pasta, Green Peas & a Egg Roll
- THURSDAY** Frito Chili Pie offered with Green Peas
- FRIDAY** NO SCHOOL
FALL BREAK

Daily Special & Everyday

Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger & Cheeseburgers offered daily!



- MONDAY** Corndog offered with Tater Tots
- TUESDAY** BBQ Pork Sandwich offered with Baked Beans
- WEDNESDAY** Build a Better Burger offered with French Fries
- THURSDAY** Chicken Fried Steak Sandwich offered with Potato Wedges
- FRIDAY** NO SCHOOL
FALL BREAK



Daily Special & Everyday
Cheese and Pepperoni Pizza offered daily

****Eat the Heat Promotional Item**

- MONDAY** Supreme Pizza
- TUESDAY** Hawaiian Pizza
- WEDNESDAY** ****Buffalo Chicken Pizza**
- THURSDAY** Sausage Pizza
- FRIDAY** NO SCHOOL
FALL BREAK



Daily Specials

- MONDAY** Chicken Nachos or Taco Salad offered with Refried Beans
- TUESDAY** Chicken Fajita Tacos or Beef Enchilada offered with Fiesta Potatoes
- WEDNESDAY** Beef Nachos or Bean & Cheese Burrito (V) **V** offered with Frijoles Charro Beans
- THURSDAY** Beef Tacos or Chicken Enchilada Suiza offered with Fiesta Potatoes
- FRIDAY** NO SCHOOL
FALL BREAK



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** Hearty Garden Salad (V) or Sweet & Spicy Sub **V**
- TUESDAY** Chef Salad or Fiesta Wrap
- WEDNESDAY** Antipasto Salad or Southwest Turkey Sandwich **V**
- THURSDAY** Chicken Caesar Salad or Southwest Wrap
- FRIDAY** NO SCHOOL
FALL BREAK

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.

