

Guthrie Junior High School

October 2-6

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 with Green Beans and a Breadstick **V**
- TUESDAY** Chicken Fingers, Mashed Potatoes & Gravy, Dinner Roll offered with Seasoned Mixed Vegetables
- WEDNESDAY** Sweet & Sour Chicken offered with Lo Mein Pasta, Peas & Carrots and Egg Roll
- THURSDAY** Frito Chili Pie offered with Roasted Squash & Zucchini
- FRIDAY** Steak Fingers offered with Mashed Potatoes & Gravy, Sweet Glazed Carrots and a Freshly Baked Roll

Daily Special & Everyday

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



- MONDAY** Chili Cheese Hotdog offered with Tater Tots
- TUESDAY** BBQ Pork Sandwich offered with Baked Beans
- WEDNESDAY** Build a Better Burger offered with French Fries
- THURSDAY** Grilled Chicken Sandwich offered with Potato Wedges
- FRIDAY** Three Cheese Toaster offered with French Fries **V**



Daily Special & Everyday
Cheese and Pepperoni Pizza offered daily

****Eat the Heat Promotional Item**

- MONDAY** Taco Pizza
- TUESDAY** Supreme Pizza
- WEDNESDAY** Sausage Pizza
- THURSDAY** Hawaiian Pizza
- FRIDAY** ****Buffalo Chicken Pizza**



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) offered with Frijoles Charro Beans **V**
- THURSDAY** Beef Tacos or Chicken Enchilada Suiza offered with Fiesta Potatoes
- FRIDAY** Chicken Nachos or Fiesta Bowl offered with Refried Beans



Daily Specials & Everyday

Turkey, Ham and American Subs made fresh and offered daily

****Eat the Heat Promotional Item**

- MONDAY** Hearty Garden Salad (V) or Southwest Turkey Sub **V**
- TUESDAY** Chef Salad or Chicken Caesar Wrap **V**
- WEDNESDAY** Spinach Salad (V) or Chicken Salad Sub **V**
- THURSDAY** Chicken Caesar Salad or Spicy Buffalo Chicken Wrap
- FRIDAY** ****Spicy Buffalo Chicken Salad or Chef Wrap**

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.

