

Guthrie Jr High School

October 23-27

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** NO SCHOOL FALL BREAK **V**
- TUESDAY** Chicken Noodle Casserole offered with a Freshly Baked Roll & Green Beans
- WEDNESDAY** Sweet & Sour Chicken offered with Lo Mein Pasta, Green Beans and a Egg Roll
- THURSDAY** Scrambled Eggs, Sausage & Biscuit offered with Baked Apples
- FRIDAY** Popcorn Chicken Bowl offered with Roasted Corn and a Freshly Baked Roll

Daily Special & Everyday

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



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



Daily Specials

- MONDAY** NO SCHOOL FALL BREAK
- 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** NO SCHOOL FALL BREAK **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.

