

# Guthrie Jr High School

October 30- November 3

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** Spaghetti & Meatballs offered with Green Peas and a Breadstick **V**
- TUESDAY** Rib-b-que Sandwich offered with Green Beans
- WEDNESDAY** Szechuan Beef offered with Brown Rice, Steamed Carrots and Egg Roll
- THURSDAY** Beefy Mac offered with Seasoned Mixed Vegetables and a Breadstick
- FRIDAY** Chicken Tenders offered with Mashed Potatoes & Gravy, Green Beans and a Freshly Baked Roll

## 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 French Fries
- THURSDAY** Chicken Fried Steak Sandwich offered Potato Wedges
- FRIDAY** Cowboy Steak Sandwich offered with French Fries **V**



**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** BBQ 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*  
*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 Sub **V**
- THURSDAY** Chicken Caesar Salad or Southwest Chicken Wrap
- FRIDAY** Cobb 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.*

