Guthrie Jr High School

October 9-13

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

THRIVE

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.

REVOLVE

Daily Special

MONDAY	Spaghetti & Meatballs offered with Mixed Vegetables and a Breadstick	V
TUESDAY	Chicken Pot Pie offered with Green Beans	
WEDNESDAY	Orange Chicken offered with Brown Rice, Roasted Squash & Zucchini and Egg Roll	
THURSDAY	Scrambled Eggs, Sausage Links, Biscuit offered with Cinnamon Baked Apples	
FRIDAY	Chicken Tenders offered with a Freshly Baked Roll, Mashed Potatoes & Gravy & Green Peas	

HONOR ROLL

Daily Special & Everyday

Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger & 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

UPPER CRUST

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

FIESTA

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	

FAST TAKES

Daily Special & 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	
WEDNESDAY	Spinach Salad (V) or Chicken Salad Sub	V
THURSDAY	Chicken Caesar Salad or Spicy Buffalo 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.

KY cafe by sodexo