

# Guthrie Jr High School

## September 25-29

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 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, Steamed Broccoli and a Freshly Baked Roll

### Daily Special & Everyday

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



- MONDAY** NO SCHOOL
- 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*

*Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust*

- MONDAY** NO SCHOOL
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Buffalo Chicken Pizza
- THURSDAY** Sausage Calzone
- FRIDAY** BBQ Chicken Pizza



### Daily Specials

**\*\*Special Promotion!!**

- MONDAY** NO SCHOOL
- TUESDAY** Chicken Fajita Tacos or Beef Enchiladas 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 \*\*Chili Relleno with Spanish Rice 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** NO SCHOOL 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.*

