

# Guthrie Jr High School

## September 18-22

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** Cheese Ravioli offered with Roasted Squash & Zucchini and a Breadstick **V**
- TUESDAY** Chicken Noodle Casserole offered with a Freshly Baked Roll & Steamed Broccoli
- WEDNESDAY** Sweet & Sour Chicken offered with Lo Mein Pasta, Green Beans and a Egg Roll
- THURSDAY** Pancakes, Eggs & Sausage 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** 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*

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

- MONDAY** Taco Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Sausage Pizza
- THURSDAY** Sausage Calzone
- 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*  
*Fast Takes products are made daily using local ingredients when seasonally available*

- MONDAY** Hearty Garden Salad (V) or Sweet & Spicy 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 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.*

