

Guthrie Jr. High School

December 11-15

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

**National Cookie Day is December 4th!*

***Special Promotion: Mac is Back!*



- MONDAY** Creamy Mac & Cheese with Green Beans and a Breadstick **V**
- TUESDAY** Chicken & Waffles offered with Seasoned Mixed Vegetables
- WEDNESDAY** Sweet & Sour Chicken offered with Lo Mein Pasta, Peas & Carrots and Egg Roll
- THURSDAY** **Texas Chili Mac offered with Roasted Squash & Zucchini
- FRIDAY** Steak Fingers offered with Mashed Potatoes & Gravy, Sweet Glazed Carrots and a Freshly Baked Roll

Daily Special & Everyday

Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburgers & 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** Hawaiian Pizza
- WEDNESDAY** Sausage Pizza
- THURSDAY** BBQ Chicken Pizza
- 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 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 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.

