

Guthrie Jr. High School

December 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

**National Cookie Day is December 4th!*

***Special Promotion: Mac is Back!*



- 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** WINTER BREAK
- FRIDAY** SEE YOU NEXT YEAR!

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** WINTER BREAK
- FRIDAY** SEE YOU NEXT YEAR! **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** WINTER BREAK
- FRIDAY** SEE YOU NEXT YEAR!



Daily Specials

- MONDAY** Chicken Nachos or Taco Salad offered with Refried Beans
- TUESDAY** Chicken Fajitas or Beef Enchiladas offered with Fiesta Potatoes
- WEDNESDAY** Beef Nachos or Bean & Cheese Burrito (V) offered with Frijoles Charro Beans **V**
- THURSDAY** WINTER BREAK
- FRIDAY** SEE YOU NEXT YEAR!



Daily Special & 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** WINTER BREAK
- FRIDAY** SEE YOU NEXT YEAR!

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.

