

Guthrie Jr. High School

December 4-8

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 Green Peas, Breadstick & Cookie
- TUESDAY** Rib-b-que Sandwich offered with Green Beans
- WEDNESDAY** Szechuan Beef offered with Brown Rice, Steamed Carrots and Egg Roll
- THURSDAY** **Italian Pizza 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** Corndog offered with Tater Tots
- 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



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** Supreme Pizza
- TUESDAY** Hawaiian Pizza
- WEDNESDAY** Buffalo Chicken Pizza
- THURSDAY** Sausage Pizza
- FRIDAY** BBQ 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
- 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 Sub
- TUESDAY** Chef Salad or Fiesta Wrap
- WEDNESDAY** Antipasto Salad or Southwest Turkey Sub
- 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.

