








Guthrie Junior High 2017

Assorted Sides	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OFFERED DAILY: Salad Mix Fresh Vegetables Hot Vegetable Chilled Fruit Fresh Fruit Variety of Milk 					1 Philly Beef Cheesesteak OR Philly Chicken Cheesesteak
	4 NO SCHOOL LABOR DAY	5 Crispy Beef Taco OR Chicken Taco Spanish Rice	6 Fajita Chicken or Pull Pork Baked Potato OR Fajita Chicken or Pulled Pork Sandwich	7 Chicken Fajita Taco OR Beef Taco Spanish Rice	8 Philly Beef Cheesesteak OR Philly Chicken Cheesesteak
	11 Chicken Teriyaki Rice Bowl OR Meatball Sub	12 Chicken Parmesan OR Chicken Scampi w/Breadstick	13 Meatloaf & Potato Bowl w/Biscuit OR Chicken Tender Bowl	14 Oven Baked Beef Penne OR Garlic Chicken Penne Breadstick	15 Philly Beef Cheesesteak OR Philly Chicken Cheesesteak
					
					

	Cheeseburger Hamburger Chicken Sandwich Spicy Chicken San Tator Tots	Cheeseburger Hamburger Chicken Sandwich Spicy Chicken Sand Potato Wedges	Cheeseburger Hamburger Chicken Sandwich Spicy Chicken Sand Tator Tots	Cheeseburger Hamburger Chicken Sandwich Spicy Chicken Sand Potato Wedges	Cheeseburger Hamburger Chicken Sandwich Spicy Chicken Sand Tator Tots
	BBQ Chicken Pizza Pepperoni Pizza* Cheese Pizza* *(9-11 Only)	Cheese Pizza Pepperoni Pizza* BBQ Chicken Pizza* *(9-12 Only)	Sausage Pizza (9-6 Only) BBQ Chicken Pizza Pepperoni Pizza* Meatlovers Pizza* *(9-13 Only)	Meatlovers Pizza (9-7 Only) Sausage Pizza Pepperoni Pizza* Chicken Alfredo Pizza* *(9-14 Only)	Cheese Pizza Pepperoni Pizza* Taco Pizza* *(9-15 Only)
	Chef Salad w/WG Crackers Turkey Sub Ham Sub	Crispy Buffalo Chicken Salad w/ WG Crackers Turkey Sub Ham Sub	Italian Chicken Salad w/WG Crackers Turkey Sub Ham Sub	Chicken Salad w/WG Crackers Turkey Sub Ham Sub	Chicken Caesar Salad w/WG Crackers Turkey Sub Ham Sub

Menu items are subject to change due to availability

Child Nutrition Office: 405.282.5952

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A meal consists of 5 components: Meat/ Meat Alternate, Grains, Fruit, Vegetables and Milk. Students must pick at least 3 components and one must be a fruit or vegetable. Students may pick all five groups.

