

Guthrie High School

December 3-7

Our menus are aligned with the USDA's Healthier U.S. School Challenge.

SIDES

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

CREATIONS

MONDAY	Cheese Dippers offered with Classic Tomato Soup	V
TUESDAY	Stir Fry Szechuan Beef offered with Seasoned Carrots	
WEDNESDAY	Homemade Beef Lasagna offered with Breadstick and Mixed Vegetables	
THURSDAY	Mac is Back!	
FRIDAY	Country Fried Steak offered with Mashed Potatoes, Green Beans and a Freshly Baked Roll	

Daily Special & Everyday

Hamburger, Cheeseburger Crispy Chicken Sandwich, & Spicy Chicken Sandwich offered Daily!

GRILL

MONDAY	Chicken Tenders offered with Tater Tots
TUESDAY	Chicken Tenders offered with French Fries
WEDNESDAY	Chicken Tenders or Rib-b-que Sandwich offered with Sweet Potato Fries
THURSDAY	Chicken Tenders or Chicken Fried Steak Sandwich offered with Potato Wedges
FRIDAY	Chicken Tenders or Bacon Cheeseburger offered with French Fries

Daily Special & Everyday

Cheese and Pepperoni Pizza offered daily

PIZZA

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

MONDAY	Supreme Pizza
TUESDAY	Pepperoni Calzone
WEDNESDAY	Spicy Buffalo Chicken Pizza
THURSDAY	Italian Sausage Pizza
FRIDAY	BBQ Chicken Pizza

Daily Specials

Nacho Bar offered daily with variety of Cheese Sauces, Mexican Chicken, Refried Beans & Crumbled Beef

SALSA

MONDAY	Nacho Bar offered with Refried Beans
TUESDAY	Nacho Bar offered with Fiesta Potatoes
WEDNESDAY	Nacho Bar offered with Frijoles Charros Beans
THURSDAY	Nacho Bar offered with Fiesta Potatoes
FRIDAY	Nacho Bar 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

FAST TAKES

MONDAY	Strawberry Fields Parfait (V), Hearty Garden Salad (V) or Sweet & Spicy Sub	V
TUESDAY	Strawberry Banana Parfait (V), Chef Salad	V
WEDNESDAY	Just Peachy Parfait (V), Crispy Chicken Salad or Southwest Turkey Sub	V
THURSDAY	Double Berry Parfait (V), Chicken Caesar Salad	V
FRIDAY	Blueberry Patch Parfait (V), Cobb Salad or Sunbutter & Jelly Sandwich (V)	V

V Vegetarian

M Mindful

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.

Nutrition Information is available upon request.

CROSSROADS

CAFE

by sodexo