

Guthrie High School

February 19-23

Our menus are aligned with the USDAs 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** Professional Day
No School
- TUESDAY** Chicken Noodle Casserole offered with a Freshly Baked Roll and Mixed Vegetables
- WEDNESDAY** Chopstick Creations offered with Green Beans and an Egg Roll
- THURSDAY** Pancakes, Scrambled Eggs & Sausage Link offered with Baked Apples
- FRIDAY** Popcorn Chicken Bowl offered with Green Beans and a Freshly Baked Roll

Daily Special & Everyday

Chicken Tenders, Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger and Cheeseburgers offered daily!

****Special Promotion: Major Flavor Melt Down**

GRILL

- MONDAY** Professional Day
No School
- TUESDAY** BBQ Pork Sandwich offered with Baked Beans
- WEDNESDAY** Build a Better Burger offered with Baked Fries
- THURSDAY** Grilled Chicken Sandwich offered with Potato Wedges
- FRIDAY** Three Cheese Toaster offered French **V**

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** Professional Day
No School
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Sausage Pizza
- THURSDAY** Sausage Calzone
- FRIDAY** Buffalo Chicken Pizza

Daily Specials

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

****Special Promotion: Nacho Usual Nachos!**

SALSA

- MONDAY** Professional Day
No School
- TUESDAY** Beef Enchilada offered with Fiesta Potatoes
- WEDNESDAY** Build Your Own Burrito offered with Frijoles Charro Beans **V**
- THURSDAY** Chicken Enchilada Suiza offered with Fiesta Potatoes
- FRIDAY** **Patty Melt Nachos 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** Professional Day
No School **V**
- TUESDAY** Chef Salad or Chicken Caesar Wrap **V**
- 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

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.

CROSSROADS

CAFE

by sodexo*