

Guthrie High School

February 5-9

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** Pasta Pronto offered with Seasoned Mixed Vegetables and a Breadstick
- TUESDAY** Chicken Pot Pie offered with Green Beans
- WEDNESDAY** Chopstick Creations offered with Roasted Squash & Zucchini and a Egg Roll
- THURSDAY** French Toast Sticks, Scrambled Eggs & Sausage Link offered with Cinnamon Baked Apples
- FRIDAY** Chicken Tenders offered with a Freshly Baked Roll, Mashed Potatoes & Gravy and Green Peas

Daily Special & Everyday

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

GRILL

- 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** Grilled Chicken Sandwich offered Potato Wedges
- FRIDAY** Three Cheese Toaster offered with French Fries **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** Taco Pizza
- 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** Taco Salad offered with Refried Beans
- 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** **Buffalo BBQ 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** Hearty Garden Salad (V) or Southwest Turkey Sandwich **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*