

# Guthrie High School

## November 13-17

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** Breakfast Tacos offered with Tater Tots
- FRIDAY** Turkey & Dressing, Mashed Potatoes, Green Beans, Roll, Cranberry Sauce, Pumpkin Pudding

### Daily Special & Everyday

*Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger and Cheeseburgers offered daily!*  
**\*\*Sandwiches with Attitude Special Promotion**

#### 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** Turkey & Dressing, Mashed Potatoes, Green Beans, Roll, Cranberry Sauce, Pumpkin Pudding **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** Turkey & Dressing, Mashed Potatoes, Green Beans, Roll, Cranberry Sauce, Pumpkin Pudding

### Daily Specials

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

#### SALSA

*Entrée made fresh daily using low fat*

- 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** Turkey & Dressing, Mashed Potatoes, Green Beans, Roll, Cranberry Sauce, Pumpkin Pudding

### 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** Join us for Thanksgiving Holiday Meal

**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\*