

# Guthrie High School

## November 6-10

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

### Daily Special

#### CREATIONS

- MONDAY** Pasta Pronto offered with Green Beans and a Breadstick
- TUESDAY** Chicken Tenders offered with Mixed Vegetables and a Freshly Baked Roll
- WEDNESDAY** Chopstick Creations offered with Green Peas & Carrots and an Egg Roll
- THURSDAY** Frito Chili Pie offered with Roasted Squash & Zucchini and a Freshly Baked Cookie
- FRIDAY** Steak Fingers offered with Mashed Potatoes & Gravy, Sweet Glazed Carrots and a Freshly Baked Roll

### Daily Special & Everyday

#### PIZZA

*Cheese and Pepperoni Pizza offered daily*

*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 & Everyday

#### FAST TAKES

*Turkey, Ham and American Subs made fresh and offered daily*  
*Fast Takes products are made daily using local ingredients when seasonally available*

- MONDAY** Hearty Garden Salad (V) or Southwest Turkey Sub **V**
- TUESDAY** Chef Salad or Chicken Caesar Wrap
- 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

#### 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 & 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** Meatball Sub offered with Baked Beans
- WEDNESDAY** Build a Better Burger offered with French Fries
- THURSDAY** Grilled Chicken Sandwich offered with Potato Wedges
- FRIDAY** Three Cheese Toaster offered with French Fries **V**

### Daily Specials

#### SALSA

*Nacho Bar offered daily with variety of Cheese Sauces, Mexican Pulled Chicken, Refried Beans or Crumbled Beef*  
*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 Enchilda Suiza offered with Fiesta Potatoes
- FRIDAY** Fiesta Bowl offered with Refried Beans

*This institution is an equal opportunity provider.*