

Guthrie High School

November 12-16

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

***The fresh pick for November is squash!*

CREATIONS

MONDAY	Spaghetti & Meatballs, offered with Breadstick & Mixed Vegetables
TUESDAY	Chicken Pot Pie offered with Green Beans
WEDNESDAY	Orange Chicken offered with Roasted Squash & Zucchini
THURSDAY	Thanksgiving Lunch
FRIDAY	Crispy Chicken Tenders offered with Mashed Potatoes, Green Peas 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	Thanksgiving Lunch
FRIDAY	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	Italian Sausage Pizza
THURSDAY	Thanksgiving Lunch
FRIDAY	Spicy Buffalo 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	Thanksgiving Lunch
FRIDAY	Nacho Bar offered with Refried Beans

Daily Specials & Everyday

Turkey, Ham and American Subs made fresh and offered daily

FAST TAKES

Fast Takes products are made daily using local ingredients when seasonally available

MONDAY	Strawberry Fields Parfait, Hearty Garden Salad or Southwest Turkey Sub	V
TUESDAY	Strawberry Banana Parfait, Chef Salad or Chicken Caesar Flatbread	
WEDNESDAY	Just Peachy Parfait, Southwest BBQ Chicken Salad or Chicken Salad Sub	
THURSDAY	Thanksgiving Lunch	
FRIDAY	Blueberry Fields Parfait, Spicy Buffalo Chicken Salad or Sunbutter & Jelly Sandwich	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**