Guthrie High School

Nov 5-9

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



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



Walking Nachos offered with Green MONDAY

Chicken & Waffles offered with Sweet Glazed **TUESDAY**

Carrots

Sweet & Sour Chicken offered with **WEDNESDAY**

Steamed Broccoli

Frito Chili Pie offered with Golden Corn **THURSDAY**

Crispy Chicken Tenders offered with Mashed **FRIDAY** Potatoes, Green Beans 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

TUESDAY Chicken Tenders offered with French

Fries

WEDNESDAY Chicken Tenders or Rib-b-que Sandwich

offered with Sweet Potato Fries

THURSDAY Chicken Tenders or Chicken Fried

> Sandwich offered with Potato Wedges Bacon Cheeseburger offered with French

Fries

PIZZA

Daily Special & Everyday

Cheese and Pepperoni Pizza offered daily

Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust

MONDAY Hawaiian Pizza

Pepperoni Calzone **TUESDAY**

WEDNESDAY Italian Sausage Pizza

THURSDAY Meat Lovers Calzone

FRIDAY Spicy Buffalo Chicken Pizza

SALSA

FRIDAY

Daily Specials

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

Nacho Bar offered with Refried **MONDAY**

Reans

Nacho Bar offered with Fiesta Potatoes **TUESDAY**

Nacho Bar offered with Frijoles Char-**WEDNESDAY**

ros Beans

Nacho Bar offered with Fiesta Pota-**THURSDAY**

FRIDAY Nacho Bar offered with Refried Beans



TUESDAY

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

Strawberry Fields Parfait (V), Hearty Gar-**MONDAY** den Salad (V) or Southwest Turkey Sub

Strawberry Banana Parfait (V), Chef Salad or Chicken Caesar Flatbread

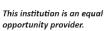
WEDNESDAY Just Peachy Parfait (V), Southwest BBQ

Chicken Salad or Chicken Salad Sub

Double Berry Parfait (V), Chicken Cae-**THURSDAY** sar Salad or Spicy Buffalo Chicken Wrap

Blueberry Patch Parfait (V), Spicy Buffalo **FRIDAY** Chicken Salad or Sunbutter & Jelly Sandwich (V) Vegetarian Mindful

We use menu identifiers in the café to help students recognize Vegeterian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.





Nutrition Information is available upon request.

V