

Guthrie High School

Oct 15-19

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	Frito Chili Pie offered with Golden Corn	
TUESDAY	Creamy Mac & Cheese offered with Breadstick & Seasoned Carrots	V
WEDNESDAY	Roasted Turkey offered with Mashed Potatoes & Gravy, Mixed Vegetables & Dinner Roll	
THURSDAY	Fall Break	
FRIDAY	No School	

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	Fall Break
FRIDAY	No School

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	Supreme Pizza
TUESDAY	Pepperoni Calzone
WEDNESDAY	Spicy Buffalo Chicken Pizza
THURSDAY	Fall Break
FRIDAY	No School

SALSA

Daily Specials

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

MONDAY	Nacho Bar offered with Refried Beans
TUESDAY	Nacho Bar offered with Fiesta Potatoes
WEDNESDAY	Nacho Bar offered with Frijoles Charros Beans
THURSDAY	Fall Break
FRIDAY	No School

FAST TAKES

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

MONDAY	Strawberry Fields Parfait (V), Hearty Garden Salad (V) or Sweet & Spicy Sub	V
TUESDAY	Strawberry Banana Parfait (V), Chef Salad or Fiesta Wrap	
WEDNESDAY	Just Peachy Parfait (V), Crispy Chicken Salad or Southwest Turkey Sub	
THURSDAY	Fall Break	
FRIDAY	No School	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*