

Guthrie High School

Oct 29- Nov 2

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

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| MONDAY | Cheese Dippers offered with Classic Tomato Soup | V |
| TUESDAY | Stir Fry Szechuan Beef offered with Seasoned Carrots | |
| WEDNESDAY | Homemade Beef Lasagna offered with Breadstick and Mixed Vegetables | |
| THURSDAY | Spaghetti & Meatballs offered with Breadstick & Green Peas | |
| FRIDAY | Country Fried Steak offered with Mashed Potatoes, Green Beans and a Freshly Baked Roll | |

Daily Special & Everyday

Hamburger, Cheeseburger Crispy Chicken Sandwich, & Spicy Chicken Sandwich offered Daily!

GRILL

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| 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 | Chicken Tenders or Chicken Fried Steak Sandwich offered with Potato Wedges |
| FRIDAY | Chicken Tenders or 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

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| MONDAY | Supreme Pizza |
| TUESDAY | Pepperoni Calzone |
| WEDNESDAY | Spicy Buffalo Chicken Pizza |
| THURSDAY | Italian Sausage Pizza |
| FRIDAY | BBQ Chicken Pizza |

Daily Specials

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

SALSA

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| MONDAY | Nacho Bar offered with Refried Beans |
| TUESDAY | Nacho Bar offered with Fiesta Potatoes |
| WEDNESDAY | Nacho Bar offered with Frijoles Charros Beans |
| THURSDAY | Nacho Bar offered with Fiesta Potatoes |
| 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

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| MONDAY | Strawberry Fields Parfait (V), Hearty Garden Salad (V) or Sweet & Spicy Sub | V |
| TUESDAY | Strawberry Banana Parfait (V), Chef Salad or Fiesta Wrap | V |
| WEDNESDAY | Just Peachy Parfait (V), Crispy Chicken Salad or Southwest Turkey Sub | V |
| THURSDAY | Double Berry Parfait (V), Chicken Caesar Salad or Southwest Wrap | V |
| FRIDAY | Blueberry Patch Parfait (V), Cobb Salad or Sunbutter & Jelly Sandwich (V) | 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**