

Guthrie High School

Oct 8-12

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	Spaghetti & Meatballs offered with a Breadstick & Mixed Vegetables
TUESDAY	Chicken Pot Pie offered with Green Beans
WEDNESDAY	Zesty Orange Chicken offered with Roasted Squash & Zucchini
THURSDAY	Whole Grain French Toast Sticks, Scrambled Eggs & Sweet Potato Fries
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	Chicken Tenders or Chicken Fried Steak Sandwich offered with Potato Wedges
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	Hawaiian Pizza
TUESDAY	Pepperoni Calzone
WEDNESDAY	Italian Sausage Pizza
THURSDAY	Meat Lovers Calzone
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	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

MONDAY	Strawberry Fields Parfait (V), Hearty Garden Salad (V) or Southwest Turkey Sub	V
TUESDAY	Strawberry Banana Parfait (V), Chef Salad or Chicken Caesar Flatbread	V
WEDNESDAY	Just Peachy Parfait (V), Southwest BBQ Chicken Salad or Chicken Salad Sub	V
THURSDAY	Double Berry Parfait (V), Chicken Caesar Salad or Spicy Buffalo Chicken Wrap	V
FRIDAY	Blueberry Patch Parfait (V), Spicy Buffalo Chicken 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*