

Guthrie Jr. High

October 14-18

Our menus are aligned with the USDA's 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

The Fresh Pick for October is Leafy Greens!



- MONDAY** Frito Chili Pie offered with Golden Corn **V**
- TUESDAY** Creamy Mac & Cheese offered with Breadstick & Seasoned Carrots **V**
- WEDNESDAY** Chicken Parmesan Pasta offered with Mixed Vegetables
- THURSDAY** Fall Break
- FRIDAY** Fall Break

Daily Special & Everyday



- MONDAY** Chicken Tenders offered with Dinner Roll & Tater Tots
- TUESDAY** Popcorn Chicken offered with Dinner Roll & French Fries
- WEDNESDAY** Chicken Nuggets offered with Dinner Roll & Sweet Potato Fries
- THURSDAY** Fall Break
- FRIDAY** Fall Break



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** Fall Break



Daily Specials

Bean & Cheese Nachos offered daily!

- MONDAY** Chicken Nachos or Tacos offered with Refried Beans
- TUESDAY** Beef Nachos or Tacos offered with Fiesta Potatoes
- WEDNESDAY** Bean & Cheese Nachos or Chicken Enchiladas offered with Refried Beans **V**
- THURSDAY** Fall Break
- FRIDAY** Fall Break



Daily Specials & Everyday

Turkey and Ham Subs made fresh and offered daily

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

- MONDAY** Crispy Chicken Salad or Fiesta Wrap **V**
- TUESDAY** Crispy Chicken Salad or Fiesta Wrap
- WEDNESDAY** Crispy Chicken Salad or Fiesta Wrap
- THURSDAY** Fall Break **V**
- FRIDAY** Fall Break **V**

- V** **Vegetarian**
- SP** **Smart Pick**

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.

