

Guthrie Jr. High

October 7-11

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

The Fresh Pick for October is Leafy Greens!



- MONDAY** Spaghetti & Meatballs offered with Mixed Vegetables and a Breadstick
- TUESDAY** Chicken Pot Pie offered with Green Beans
- WEDNESDAY** **World Street Food Day: General Tsos Chicken
- THURSDAY** French Toast Sticks, Scrambled Eggs & Sausage offered with Baked Cinnamon Apples
- FRIDAY** Chicken Tenders offered with a Freshly Baked Roll, Mashed Potatoes & Gravy & Corn

Daily Special & Everyday

Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger & Cheeseburgers offered daily!



- MONDAY** Chicken Tenders & Dinner Roll offered with Tater Tots
- TUESDAY** Popcorn Chicken & Dinner Roll offered with French Fries
- WEDNESDAY** Chicken Nuggets & Dinner Roll offered with Sweet Potato Fries
- THURSDAY** Popcorn Chicken & Dinner Roll offered with Potato Wedges
- FRIDAY** BBQ Chicken Sandwich offered with Western Baked Beans



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** **October Special: Jalapeño Popper Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Sausage Pizza
- THURSDAY** Meat Lover's Calzone
- FRIDAY** Buffalo Chicken Pizza



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 Beef Enchilada offered with Refried Beans **V**
- THURSDAY** Beef Nachos or Tacos offered with Fiesta Potatoes
- FRIDAY** Chicken Nachos or Tacos offered with Frijoles ala Charros



Daily Special & Everyday

Turkey and Ham Subs made fresh and offered daily

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

- MONDAY** Chef Salad or Southwest Turkey Sub
- TUESDAY** Chef Salad or Southwest Turkey Sub
- WEDNESDAY** Chef Salad or Southwest Turkey Sub
- THURSDAY** Chef Salad or Power Protein Box (V) **V**
- FRIDAY** Spicy Buffalo Chicken Salad or Sun-butter & Jelly Sandwich (V) **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.



Nutrition Information is available upon request.