

Guthrie Junior High

January 17-21

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.



- MONDAY** NO SCHOOL
- TUESDAY** Chicken Tender with Dinner Roll and Glazed Carrots
- WEDNESDAY** Sweet and Sour Chicken with Lo Mein and Broccoli
- THURSDAY** Beef Totchos with Aztec Corn
- FRIDAY** Chicken Tenders with Mashed Potatoes and Gravy and Mixed Vegetables



Daily Special

Hamburger, Cheeseburger, Crispy Chicken Sandwich and Spicy Crispy Chicken Sandwich

- MONDAY** NO SCHOOL
- TUESDAY** Chicken Nuggets and French Fries
- WEDNESDAY** Chicken Tenders and Sweet Potato Fries
- THURSDAY** Chicken Nuggets and Potato Wedges
- FRIDAY** Rib-b-que Sandwich with Spiral Fries



One Student Said:

"The Fiesta Potatoes with Queso on top is awesome"

- MONDAY** NO SCHOOL
- TUESDAY** Beef Nachos or Tacos with Fiesta Potatoes
- WEDNESDAY** Beef Enchiladas or Chicken Tacos or Nachos with Refried Beans
- THURSDAY** Beef Nachos or Tacos with Fiesta Potatoes
- FRIDAY** Chicken Nachos and Tacos with Charro Beans



Daily Special

Cheese and Pepperoni Pizza

- MONDAY** NO SCHOOL
- TUESDAY** Personal Pan Pepperoni Pizza
- WEDNESDAY** Pizza of the Month
- THURSDAY** Meatlover's Calzones
- FRIDAY** Cheeseburger Pizza



Daily Special

Ham Sub or Turkey Sub

- MONDAY** NO SCHOOL
- TUESDAY** Chef Salad or Crispy Chicken Wrap
- WEDNESDAY** Chef Salad or Crispy Chicken Wrap
- THURSDAY** Chef Salad or Crispy Chicken Wrap
- FRIDAY** Chef Salad or Protein Power Box

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.

