

# Guthrie Junior High

## January 10-14

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** Walking Nachos with Aztec Corn
- TUESDAY** Teriyaki Pork With Steamed Rice and Sesame Carrots
- WEDNESDAY** Italian Dunkers with Steamed Mixed Veg-  
gies **V**
- THURSDAY** Spaghetti and Meatballs
- FRIDAY** Steak Fingers with Mashed Potatoes and Gravy with Green Beans



### Daily Special

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

- MONDAY** Chicken Tenders and Tots
- TUESDAY** Chicken Nuggets and Curly Fries
- WEDNESDAY** Chicken Tenders and Sweet Potato Fries
- THURSDAY** Chicken Nuggets and Potato Wedges
- FRIDAY** Bacon Cheeseburger with French Fries



### One Student Said:

*"The Fiesta Potatoes with Queso on top is awesome"*

- MONDAY** Chicken Nachos or Tacos with Refried Beans
- TUESDAY** Beef Nachos or Tacos with Fiesta Potatoes
- WEDNESDAY** Chicken 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** Buffalo Chicken Pizza
- TUESDAY** Personal Pan Sausage Pizza
- WEDNESDAY** Supreme Pizza
- THURSDAY** Sausage Calzones
- FRIDAY** Jalapeno Popper Pizza



### Daily Special

*Ham Sub or Turkey Sub*

- MONDAY** Crispy Chicken Salad and Chicken Bacon Ranch Wrap
- TUESDAY** Crispy Chicken Salad and Chicken Bacon Ranch Wrap
- WEDNESDAY** Crispy Chicken Salad and Chicken Bacon Ranch Wrap
- THURSDAY** Crispy Chicken Salad and Chicken Bacon Ranch Wrap
- FRIDAY** Crispy Chicken Salad and 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.

