

Guthrie Jr High School

August 30- September 3 2021

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



- MONDAY** Cheese Ravioli with Meat Sauce & Breadstick offered with Green Beans
- TUESDAY** Chicken & Waffles offered with Citrus Glazed Carrots
- WEDNESDAY** Sweet & Sour Chicken offered with Lo Mein, Steamed Broccoli & Egg Roll
- THURSDAY** Beef Totchos offered with Aztec Corn
- FRIDAY** Chicken Tenders offered with Whipped Potatoes, Mixed Vegetables and Dinner Roll

Daily Special & Everyday

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



- MONDAY** Chicken Tenders offered with Dinner Roll & Tater Tots
- TUESDAY** Chicken Nuggets offered with Dinner Roll & French Fries
- WEDNESDAY** Chicken Tenders offered with Dinner Roll & Tater Tots
- THURSDAY** Chicken Nuggets offered with Dinner Roll & Potato Wedges
- FRIDAY** Rib-b-que Sandwich offered with Spiral Fries



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** Italian Sausage Pizza
- TUESDAY** Pepperoni Pizza
- WEDNESDAY** Jalapeno Popper Pizza
- THURSDAY** Meat Lover's Calzone
- FRIDAY** Cheeseburger Pizza



Daily Specials

- MONDAY** Chicken Nachos
- TUESDAY** Beef Tacos offered with Fiesta Potatoes
- WEDNESDAY** Beef Enchiladas offered with Refried Beans
- THURSDAY** Beef Nachos
- FRIDAY** Chicken Tacos offered with Frijoles Charros Beans



Daily Specials & Everyday

Fruit & Yogurt Parfait, Turkey and ham subs made fresh and offered daily
Fast Takes products are made daily using local ingredients when seasonally available

- MONDAY** Classic Chef Salad or Crispy Chicken Wrap
- TUESDAY** Classic Chef Salad or Crispy Chicken Wrap
- WEDNESDAY** Classic Chef Salad or Crispy Chicken Wrap
- THURSDAY** Classic Chef Salad or Crispy Chicken Wrap
- FRIDAY** Classic Chef Salad or Protein Power Pack (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.

