

# Guthrie Jr High

## September 20th to 24th

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** Pancakes with Scrambled Eggs and Sausage
- WEDNESDAY** Chicken Alfredo Mac with Broccoli and Carrots
- THURSDAY** Chili and Cornbread with Corn
- FRIDAY** Popcorn Chicken Bowl with Mashed Potatoes and Gravy and Green Beans

### 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 Tots
- THURSDAY** Chicken Nuggets and Potato Wedges
- FRIDAY** Meatball Sub with Spiral Fries



### One Student Said:

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

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



### Daily Special

*Cheese and Pepperoni Pizza*

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



### Daily Special

*Ham Sub or Turkey Sub*

- MONDAY** NO SCHOOL
- TUESDAY** Yogurt & Fruit Parfait, Chef Salad or Crispy Chicken Wrap
- WEDNESDAY** Yogurt & Fruit Parfait, Chef Salad or Crispy Chicken Wrap
- THURSDAY** Yogurt & Fruit Parfait, Chef Salad or Crispy Chicken Wrap
- FRIDAY** Yogurt & Fruit Parfait, 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.

