

# Guthrie Junior High

## May 2-6

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** Cheese Ravioli with Meat Sauce and Green Beans
- TUESDAY** Grilled Cheese with Tomato Soup and 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 OR Spicy Crispy Chicken Sandwich*



- MONDAY** Chicken Tenders and Tots
- TUESDAY** Chicken Nuggets and French Fries
- WEDNESDAY** Chicken Tenders and French 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** Chicken Nachos or Tacos with Refried Beans
- 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** Sausage Pizza
- 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** Chef Salad or Crispy Chicken Wrap
- 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.

