Guthrie High School

January 7th -11th

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 Frito Chili Pie offered with Golden

Corn

TUESDAY Creamy Mac & Cheese offered with Breadstick

& Seasoned Carrots

WEDNESDAY Roasted Turkey offered with Mashed Pota-

toes & Gravy, Mixed Vegetables & Dinner Roll
Stir Fry Teriyaki Beef offered with

THURSDAY

Stir Fry Teriyaki Beer offered with Steamed Broccoli & Brown Rice

FRIDAY Chicken Fried Chicken offered with Mashed Potatoes, Green Beans and a Freshly Baked Roll

V

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FRIDAY

Daily Special & Everyday

Hamburger, Cheeseburger Crispy Chicken Sandwich, & Spicy Chicken Sandwich offered Daily!

GRILL

MONDAY Chicken Tenders offered with Tater

Tots

TUESDAY Chicken Tenders offered with West-

ern Baked Beans

WEDNESDAY Chicken Tenders or Rib-b-que Sandwich

offered with Sweet Potato Fries

THURSDAY Chicken Tenders or Chicken Fried Steak

Sandwich offered with Potato Wedges
Chicken Tenders or Bacon Cheeseburger

offered with French 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 Supreme Pizza

PIZZA

TUESDAY Pepperoni Calzone

WEDNESDAY Spicy Buffalo Chicken Pizza

THURSDAY Italian Sausage Calzone

FRIDAY BBQ Chicken Pizza



Daily Specials

Nacho Bar offered daily with variety of Cheese Sauces, Mexican Chicken, Refried Beans & Crumbled Beef

MONDAY Nacho Bar offered with Refried

Beans

TUESDAY Nacho Bar offered with Fiesta Potatoes

WEDNESDAY Nacho Bar offered with Frijoles Char-

ros Beans

THURSDAY Nacho Bar offered with Fiesta Pota-

toes

FRIDAY Nacho Bar offered with Refried Beans



TUESDAY

Daily Specials & Everyday

Turkey, Ham and American Subs made fresh and offered daily

Fast Takes products are made daily using local ingredients when seasonally available

MONDAY Strawberry Fields Parfait (V), Hearty Gar-

den Salad (V) or Sweet & Spicy Sub Strawberry Banana Parfait (V), Chef

Salad or Fiesta Wrap

WEDNESDAY Just Peachy Parfait (V), Crispy Chicken

Salad or Southwest Turkey Sub

THURSDAY Double Berry Parfait (V), Chicken

Caesar Salad

FRIDAY Blueberry Patch Parfait (V), Cobb Salad or

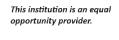
Sunbutter & Jelly Sandwich (V)

V VE

Vegetarian

Mindful

We use menu identifiers in the cafe to help students recognize Vegeterian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories





Nutrition Information is available upon request.