

Guthrie Jr. High

January 14th -18th

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** Sweet & Sour Chicken offered with Lo Mein Pasta & Green Beans
- TUESDAY** Whole Grain Pancakes, Scrambled Eggs & Sausage offered with Sweet Potato Bites
- WEDNESDAY** Cheese Ravioli offered with Breadstick & Roasted Squash & Zucchini **V**
- THURSDAY** Rainbow Chili with Cornbread and Golden Corn
- FRIDAY** Popcorn Chicken Bowl offered with Mixed Vegetables and Dinner Roll

Daily Special & Everyday



- MONDAY** Chicken Tenders offered with Dinner Roll & Tater Tots
- TUESDAY** Chicken Tenders offered with Dinner Roll & Western Baked Beans
- WEDNESDAY** Chicken Tenders offered with Dinner Roll & French Fries
- THURSDAY** Chicken Tenders offered with Dinner Roll & Potato Wedges
- FRIDAY** 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** Hawaiian Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Italian Sausage Pizza
- THURSDAY** Meat Lovers Calzone
- FRIDAY** Spicy Buffalo Chicken Pizza



Daily Specials

- MONDAY** Nachos offered with Refried Beans
- TUESDAY** Nachos offered with Fiesta Potatoes
- WEDNESDAY** Nachos Offered with Frijoles Charros Beans
- THURSDAY** Nacho Bar offered with Fiesta Potatoes
- FRIDAY** Nacho Bar offered with Refried Beans



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 Garden Salad or Southwest Turkey Sub **V**
- TUESDAY** Strawberry Banana Parfait (V) Chef Salad or Chicken Caesar Flatbread **V**
- WEDNESDAY** Just Peachy Parfait (V), Southwest BBQ Chicken Salad or Chicken Salad Sub **V**
- THURSDAY** Double Berry Parfait (V), Chicken Caesar Salad **V**
- FRIDAY** Blueberry Patch Parfait (V), Spicy Buffalo Chicken Salad or Sunbutter & Jelly Sandwich **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.

