

Guthrie Jr High

December 6-10

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** Walking Nachos with Aztec Corn
- TUESDAY** Teriyaki Pork With Steamed Rice and Sesame Carrots
- WEDNESDAY** Italian Dunkers with Steamed Mixed Veg-
gies **V**
- THURSDAY** Spaghetti and Meatballs
- FRIDAY** Steak Fingers with Mashed Potatoes and Gravy with Green Beans



- MONDAY** Hamburger, Cheeseburger, Crispy or Spicy Chicken Sandwich and Tots
- TUESDAY** Hamburger, Cheeseburger, Crispy or Spicy Chicken Sandwich and French Fries
- WEDNESDAY** Hamburger, Cheeseburger, Crispy or Spicy Chicken Sandwich and French Fries
- THURSDAY** Hamburger, Cheeseburger, Crispy or Spicy Chicken Sandwich and Potato Wedges
- FRIDAY** Hamburger, Cheeseburger, Crispy or Spicy Chicken Sandwich with French Fries



One Student Said:

"The Fiesta Potatoes with Queso on top is awesome"

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



Daily Special

Cheese and Pepperoni Pizza

- MONDAY** Buffalo Chicken Pizza
- TUESDAY** Sausage Pizza
- WEDNESDAY** Supreme Pizza
- THURSDAY** Sausage Calzones
- FRIDAY** Meat Lovers Pizza



Daily Special

Ham Sub or Turkey Sub

- MONDAY** Crispy Chicken Salad and Chicken Bacon Ranch Wrap
- TUESDAY** Crispy Chicken Salad and Chicken Bacon Ranch Wrap
- WEDNESDAY** Crispy Chicken Salad and Chicken Bacon Ranch Wrap
- THURSDAY** Crispy Chicken Salad and Chicken Bacon Ranch Wrap
- FRIDAY** Crispy Chicken Salad

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.

