

Guthrie Jr High

November 15-19

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** Spaghetti and Meatballs with Steamed Mixed Veggies
- TUESDAY** Chicken Pot Pie with a Fall Veggie Medley
- WEDNESDAY** Orange Chicken with Steamed Rice
- THURSDAY** Holiday Meal
- FRIDAY** Steak Fingers with Hot Roll and Mashed Potatoes



- MONDAY** Hamburger, Cheeseburger, Crispy or Spicy Crispy Chicken Sandwich with Tots
- TUESDAY** Hamburger, Cheeseburger, Crispy or Spicy Crispy Chicken Sandwich with French Fries
- WEDNESDAY** Hamburger, Cheeseburger, Crispy or Spicy Crispy Chicken Sandwich with Tots
- THURSDAY** Holiday Meal
- FRIDAY** Hamburger, Cheeseburger, Crispy or Spicy Crispy Chicken Sandwich with French Fries



One Student Said:
"The Fiesta Potatoes with Queso on top is awesome"

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



Daily Special
Cheese and Pepperoni Pizza

- MONDAY** Sausage Pizza
- TUESDAY** Pepperoni Pizza
- WEDNESDAY** Pizza of the Month
- THURSDAY** Cheese & Pepperoni Pizza
- FRIDAY** Supreme 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** Holiday Meal
- FRIDAY** Crispy Chicken Wrap

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.

