

Guthrie Jr High

Nov 8-12

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** Chicken Tender with Dinner Roll and Glazed 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 and Spicy Crispy Chicken Sandwich



- MONDAY** Chicken Tenders and Tots
- TUESDAY** Chicken Nuggets and French Fries
- WEDNESDAY** Chicken Tenders and Tots
- THURSDAY** Chicken Nuggets and Potato Wedges
- FRIDAY** Rib-b-que 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** Beef Enchiladas with Refried Beans
- THURSDAY** Beef Nachos with Fiesta Potatoes
- FRIDAY** Chicken Tacos with Charro Beans



Daily Special

Cheese and Pepperoni Pizza

- MONDAY** Sausage Pizza
- TUESDAY** Supreme Pizza
- WEDNESDAY** Pizza of the Month
- THURSDAY** Meatlover's Calzones
- FRIDAY** Chicken Bacon 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** 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.

