

# Guthrie Jr High School

## September 7 - 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.

### Daily Special



- MONDAY** NO SCHOOL- LABOR DAY
- TUESDAY** Chicken Pot Pie offered with Steamed Broccoli
- WEDNESDAY** Orange Chicken & Brown Rice offered with Green Beans **V**
- THURSDAY** French Toast Sticks, Scrambled Eggs, Sausage Link offered with Wedges
- FRIDAY** Steak Fingers offered with Green Peas, Whipped Potatoes and Dinner Roll

### Daily Special & Everyday

*Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger & Cheeseburgers offered daily!*



- MONDAY** NO SCHOOL- LABOR DAY
- TUESDAY** Chicken Nuggets offered with Dinner Roll & French Fries
- WEDNESDAY** Chicken Tenders offered with Dinner Roll & Tater Tots
- THURSDAY** Chicken Nuggets offered with Dinner Roll & Potato Wedges
- FRIDAY** Pizza Burger 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** NO SCHOOL- LABOR DAY
- TUESDAY** Personal Pepperoni Pizza
- WEDNESDAY** Jalapeno Popper Pizza
- THURSDAY** Mini Meatlovers Calzone
- FRIDAY** Cheeseburger Pizza



### Daily Specials

- MONDAY** NO SCHOOL- LABOR DAY
- TUESDAY** Beef Tacos offered with Fiesta Potatoes
- WEDNESDAY** Beef Enchiladas offered with Refried Beans
- THURSDAY** Beef Tacos offered with Fiesta Potatoes
- FRIDAY** Chicken Tacos offered with Frijoles ala Charros



### Daily Specials & Everyday

*Fruit & Yogurt Parfait, Turkey and Ham subs made fresh and offered daily*  
*Fast Takes products are made daily using local ingredients when seasonally available*

- MONDAY** NO SCHOOL- LABOR DAY
- TUESDAY** Chef Salad or Crispy Chicken Wrap
- WEDNESDAY** Chef Salad or Crispy Chicken Wrap
- THURSDAY** Chef Salad or Crispy Chicken Wrap
- FRIDAY** Chef Salad or Protein Power Pack (V) **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.*

Nutrition Information is available upon request.

