



## Sauk Rapids-Rice Elementary Lunch Menu

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FOOD FOCUS: LEGUMES</b>				
<p>-Chick peas (garbanzo), kidney beans, soy beans, and black beans are just a few common types of legumes. They are rich in high-quality protein, compared to other plant foods. Legumes provide our bodies with many vitamins and minerals, including folate, iron, and zinc. They are an excellent source of protein (the part of the food that forms bones, muscles, hair, and skin in our bodies) and dietary fiber, which helps keep us full, promotes a healthy digestive tract, and may also reduce the risk of heart disease and diabetes. Legumes are loaded with both soluble and insoluble fiber and contain no saturated fat, making them a great addition to a heart-healthy diet.</p>			<p>* "Breakfast for Lunch" Pancake and Sausage on a stick Sloppy Joe on Whole Grain Bun Turkey &amp; Cheese on Whole Grain Bread Tater Tots Caesar Salad, Grape Tomatoes Chilled Strawberries</p>	<p>Tony's Whole Grain Cheese Pizza Hot Dog on Whole Grain Bun Mixed Greens Salad with Cheese and Dinner Rolls Green Beans Cucumber Slices w/ Lite Dressing Chilled Mixed Fruit</p>
<p>Toasted Cheese Sandwich Hamburger on WG Bun Chicken Caesar Salad with Dinner Rolls Tomato Soup Broccoli Florets w/ Lite Dressing Chilled Peaches</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco Whole Grain Mini Turkey Corn Dogs Turkey &amp; Cheese on Whole Grain Bread Seasoned Refried Beans Romaine Side Salad, Cherry Tomatoes Banana</p>	<p>Popcorn Chicken with Whole Grain Biscuit BBQ Chicken on Whole Grain Bun Mixed Greens Salad with Cheese and Dinner Rolls Mashed Potatoes with Gravy Celery Sticks with Lite Dressing Cinnamon Apple Slices</p>	<p>Cheese Quesadilla, Salsa Fun Lunch, Yogurt, Graham Crackers and String Cheese *Ham and Turkey Chef Salad with Dinner Rolls Caesar Side Salad Sliced Cucumbers Chilled Pears</p>	<p>*Tony's Whole Grain Pepperoni Pizza Macaroni &amp; Cheese with Whole Grain Dinner Roll Crispy Chicken Popper Salad with WG Breadstick Seasoned Peas Baby Carrots with Lite Dressing Chilled Mixed Fruit</p>
<p>*Whole Grain Pasta Bake with Pepperoni and Dinner Roll Breaded Chicken Patty on Whole Grain Bun Double Cheese Chef Salad with Breadsticks Baked Beans Broccoli Florets w/ Lite Dressing Chilled Pears</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco Whole Grain Chicken Nuggets and WG Dinner Roll Crispy Chicken Salad with Cheese and Whole Grain Dinner Roll Seasoned Green Beans Marinated Tomato &amp; Cucumber Salad Chilled Pineapple Tidbits</p>	<p>Breakfast for Lunch WG French Toast Sticks w Syrup, String Cheese Hamburger on a Whole Grain Bun Mixed Greens Salad with Cheese and Breadsticks Baked Tater Tots Baby Carrots with Lite Dressing Chilled Blueberries</p>	<p>Cheese Stuffed Breadsticks with Marinara Sauce Turkey &amp; Cheese on Whole Grain Bread *Ham and Turkey Chef Salad with Breadsticks Seasoned Broccoli Caesar Salad Chilled Peaches</p>	<p>Roast Turkey in Gravy with WG Stuffing and Dinner Roll Fun Lunch, Sunbutter, Pretzel and String Cheese Egg and Cheddar Chef Salad and Dinner Rolls Mashed Potatoes Green Pepper Strips Chilled Mixed Fruit</p>
<p>Cheeseburger on a Whole Grain Bun WG Fish Sticks with Tartar Sauce and WG Dinner Roll Turkey &amp; Cheese Wrap Oven Baked Crinkle Fries Celery Sticks with Lite Dressing Red Apple Wedges</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco Mummy Dog Crispy Chicken Caesar Salad with Dinner Roll Seasoned Black Beans Baby Carrots with Lite Dressing Chilled Pears</p>	<p>Tater Tot Hot dish with Whole Grain Dinner Rolls Breaded Chicken Patty on a Whole Grain Bun *Ham and Turkey Chef Salad with Dinner Rolls Seasoned Carrots Broccoli Florets w/ Lite Dressing Chilled Applesauce</p>	<p>NO SCHOOL</p> <p>NO SCHOOL</p>	
<p>Whole Grain Chicken Nuggets and WG Dinner Roll *BBQ Riblet on Whole Grain Bun Crispy Chicken Caesar Salad with Dinner Roll Mashed Potatoes w/ Gravy Baby Carrots with Lite Dressing Chilled Peaches</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco Cheeseburger on a Whole Grain Bun Double Cheese Chef Salad with Dinner Rolls Steamed Corn Broccoli Florets w/ Lite Dressing Chilled Applesauce</p>	<p>Breaded Chicken Patty on Whole Grain Bun Cheese Quesadilla, Salsa *Ham and Turkey Chef Salad with Dinner Rolls Seasoned Refried Beans Sweet Corn Salad with Ranch Dressing Chilled Mandarin Oranges</p>	<p>* "Breakfast for Lunch" Pancake and Sausage on a stick Sloppy Joe on Whole Grain Bun Turkey &amp; Cheese on Whole Grain Bread Tater Tots Caesar Salad, Grape Tomatoes Cinnamon Apple Slices</p>	<p>NO SCHOOL</p>

Milk... Skim, 1% and Chocolate Skim available daily

Lactose Free milk is available upon written request

Student Lunch \$2.55  
Reduced Lunch Price \$.00  
Adult Lunch \$3.85  
Milk 1/2 pt. \$.40

\* items may contain pork

Menu Subject to Change Without Notice. Questions or Comments? Contact Dining Services At 320-253-3628

USDA is an Equal Opportunity provider and employer

