









SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU November 26 - 30, 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| SIZZLE | | | | |
|  Mini Turkey Corn Dogs | "I  PASA" WG Penne Pasta with Chicken and Alfredo Sauce | Swedish Meatballs with Mashed Potatoes, WG Dinner Roll | Sloppy Joe on Whole Grain Bun | Pepperoni Pasta Bake with WG Dinner Roll |
| Baked Beans | Seasoned Broccoli | Steamed Corn | Potato Wedges | Seasoned Green Beans |
| BAKE | | | | |
| Sandwiches served on Whole Grain Buns | | | | |
|  Breaded Spicy Chicken Patty Cheeseburger | Breaded Chicken Patty Hamburger | Breaded Spicy Chicken Patty Cheeseburger | Breaded Chicken Patty Hamburger | Breaded Spicy Chicken Patty Cheeseburger |
| TAKE | | | | |
| Pizza is prepared on Whole Grain Pizza Crusts | | | | |
| *Sausage Pizza Cheese Pizza *Pepperoni Pizza | Buffalo Chicken Pizza Cheese Pizza *Pepperoni Pizza | *Sausage Pizza Cheese Pizza *Pepperoni Pizza | *Hawaiian Pizza Cheese Pizza *Pepperoni Pizza | Veggie Pizza Cheese Pizza *Pepperoni Pizza |
| Roma Herb Cheese Blend and Crushed Red Peppers available | | | | |
| CASA AMIGOS | | | | |
| Southwest Ranch Dressing Available | | | | |
|  Chicken OR Beef Nachos with Brown Rice | Chicken OR Beef Taco Salad with Tortilla Chips and Brown Rice | Chicken OR Beef Tacos with Seasoned Refried Beans | Chicken OR Beef Taco Salad with Tortilla Chips and Brown Rice | Chicken OR Beef Nachos with Brown Rice |
| OUTTAKES | | | | |
|  *Ham and Cheese Chef Salad Chicken Popper Salad | Turkey Chef Salad Chicken Caesar Salad | *Ham and Cheese Chef Salad Buffalo Chicken Popper Salad | Cobb Salad Egg and Cheddar Chef Salad | Crispy Chicken Caesar Salad |
| Whole Grain Dinner Rolls available with Salads | | | | |
| ADD ONS | | | | |
|  Broccoli Ranch Salad with Carrots Fresh Carrots Fresh Whole Fruit Chilled Fruit | Romaine Side Salad with Lite Dressing Grape Tomatoes Fresh Whole Fruit Chilled Fruit | Pickled Beet Salad Marinated Cucumbers Fresh Whole Fruit Chilled Fruit | Caesar Side Salad Power Peas, Asian Pinto Bean Salad Fresh Whole Fruit Chilled Fruit | Sweet Corn Salad w/ Ranch Dressing Baby Carrots w/ Lite Dressing Fresh Whole Fruit Chilled Fruit |

FOOD FOCUS: Legumes
- Chick peas (garbanzo), kidney beans, soy beans and black beans are just a few common types of legumes.

Student Lunch \$2.80 Reduced Lunch Price \$.00 Adult Lunch \$3.85

Skim, 1% and Chocolate Skim served daily

Lactose Free milk is available upon written request

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

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Milk 1/2 pt. \$.40



* items may contain pork