



Sauk Rapids-Rice Elementary Lunch Menu

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
FOOD FOCUS: ROOT VEGETABLES				
<p>Root Vegetables. Root vegetables are cold weather crops and high in carbohydrates and vitamin C. Carbohydrates give you energy and vitamin C helps strengthen your immune system. There are six kinds of root vegetables: Tap Roots, Tuberous Roots, Corms, Rhizomes, Tubers, and Bulbs. Roots such as beets, carrots, radishes, rutabagas, and turnips can be planted in early spring and late summer for two crops.</p>				
3	4	5	6	7
Toasted Cheese Sandwich Hamburger on WG Bun Chicken Caesar Salad with Dinner Rolls Tomato Soup Broccoli Florets w/ Lite Dressing Chilled Peaches	"TACO TUESDAY" Soft Shell Beef Taco Whole Grain Mini Turkey Corn Dogs Turkey & Cheese on Whole Grain Bread Seasoned Refried Beans Romaine Side Salad, Cherry Tomatoes Banana	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 Light Dressing Cinnamon Apple Slices	Cheese Quesadilla with Salsa Fun Lunch, Yogurt, Graham Crackers and String Cheese *Ham and Turkey Chef Salad with Dinner Rolls Caesar Side Salad Sliced Cucumbers Chilled Pears	*Tony's Whole Grain Pepperoni Pizza Macaroni & Cheese with Whole Grain Dinner Roll Crispy Chicken Popper Salad with WG Breadstick Seasoned Peas Baby Carrots with Lite Dressing Chilled Mixed Fruit
10	11	12	13	14
*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	"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 & Cucumber Salad Chilled Pineapple Tidbits	"Breakfast for Lunch " French Toast Sticks, String Cheese, Syrup Cheeseburger on WG Bun Mixed Greens Salad with Cheese and Breadsticks Baked Tater Tots Baby Carrots with Lite Dressing Strawberries	Cheese Stuffed Breadsticks with Marinara Sauce Turkey & Cheese on Whole Grain Bread *Ham and Turkey Chef Salad with Breadsticks Seasoned Broccoli Caesar Salad Chilled Peaches	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
17	18	19	20	21
Cheeseburger on a WG Bun WG Fish Sticks with Tartar Sauce and WG Dinner Roll Turkey & Cheese Wrap Oven Baked Crinkle Fries Celery Sticks with Light Dressing Red Apple Wedges	"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	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	Turkey Macho Nachos Boneless Chicken Wings Crispy Chicken Caesar Wrap Seasoned Peas Caesar Salad Chilled Peaches	NO SCHOOL HOLIDAY BREAK SCHOOL STARTS WEDNESDAY JANUARY 2nd
24	26	27	28	29
NO SCHOOL HOLIDAY BREAK	NO SCHOOL HOLIDAY BREAK	NO SCHOOL HOLIDAY BREAK	NO SCHOOL HOLIDAY BREAK	NO SCHOOL HOLIDAY BREAK SCHOOL STARTS WEDNESDAY JANUARY 2nd

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

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