SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU December 10 - 14, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
SIZZLE					
	Greneral Tso's Chicken over Steamed Brown Rice	"I ♥ PASTA" WG Penne Pasta with Italian Meat Sauce	Chicken & Cheese Quesadilla	Roasted Turkey w/ Gravy and WG Stuffing with WG Dinner Roll	Toasty Cheese Sandwich with Tomato Soup
	Seasoned Peas	Orange Glazed Carrots	Steamed Corn	Mashed Potato	Steamed 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	Garlic Chicken 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 Seasoned Blak Beans	Chicken OR Beef Taco Salad with Tortilla Chips and Brown Rice Seasoned Refried Beans	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					
	Sweet Corn & Pepper Salad Baby Carrots with Lite Dressing Whole Fresh Fruit Chilled Fruit	Romaine Side Salad Black Beans Whole Fresh Fruit Chilled Fruit	Marinated Tomato & Cucumber Salad Sliced Red Peppers with Lite Dressing Whole Fresh Fruit Chilled Fruit	Caesar Salad Baby Carrots with Lite Dressing Whole Fresh Fruit Chilled Fruit	Broccoli Ranch Salad with Carrots Sliced Cucumbers with Lite Dressing Whole Fresh Fruit Chilled Fruit

FOOD FOCUS:
ROOT VEGETABLES
- Roots such as beets, carrots, radishes, rutabagas, and turnips can be planted in early spring and late summer for two crops.

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

Milk 1/2 pt. $.40

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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Food Service Director-Shelli Graham

* items may contain pork