



**SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU December 17 - 21, 2018**

**Monday Tuesday Wednesday Thursday Friday**

SIZZLE					
	Boneless Chicken Wings, Mojo BBQ Sauce and Whole Grain Dinner Roll	*BBQ Pulled Pork Sandwich	Macaroni and Cheese	*French Toast w/Syrup, Sausage Patty, String Cheese	NO SCHOOL
	Seasoned Peas	Tater Tots	Seasoned Broccoli	Hash Brown Patty	Winter Break Returning January 2nd

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

TAKE				
	Pizza is prepared on Whole Grain Pizza Crusts			
	*Sausage Pizza	Meatball Pizza	*Sausage Pizza	*Hawaiian Pizza
	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
	*Pepperoni Pizza	*Pepperoni Pizza	*Pepperoni Pizza	*Pepperoni Pizza
Roma Herb Cheese Blend and Crushed Red Peppers available				

CASA AMIGOS				
	Southwest Ranch Dressing Available			
	Chicken OR Beef Nachos with Tortilla Chips and 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

OUTTAKES				
	*Ham and Cheese Chef Salad	Chef Salad	*Ham and Cheese Chef Salad	Cobb Salad
	Popper Chicken Salad	Chicken Caesar Salad	Buffalo Chicken Popper Salad	Chicken Caesar Salad

Whole Grain Dinner Rolls available with Salads

ADD ONS				
	Corn and Pepper Salad	Romaine Side Salad, Fresh Grape Tomatoes	Marinated Tomato & Cucumber Salad	Jicama Sticks with Lite Dressing
	Fresh Baby Carrots with Lite Dressing	Sliced Red Peppers with Lite Dressing	Garbanzo Beans	Broccoli Florets with Lite Dressing
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Strawberries

**FOOD FOCUS:  
Dark Leafy Greens**

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

*USDA is a Equal Opportunity provider and employer  
 Food Service Director-Shellie Graham*



\* items may contain pork