







SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU December 3 - 7, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
SIZZLE				
 Chicken Nuggets with Whole Grain Dinner Roll	Tater Tot Hot dish with Whole Grain Biscuit	Cheese Dunkers w/ Pizza Sauce	Sweet and Sour Chicken over Brown Rice	Toasty Dog
Mashed Potato w/Gravy	Seasoned Peas	Steamed Corn	Steamed Broccoli	Baked French Fries

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 Breaded Chicken Patty

TAKE				
Pizza is prepared on Whole Grain Pizza Crusts				
 *Sausage Pizza Cheese Pizza *Pepperoni Pizza	BBQ 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 Black 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 Popcorn Chicken Salad	Turkey Chef Salad Crispy Chicken Caesar Salad	*Ham and Cheese Chef Salad Buffalo Chicken Popper Salad	Turkey Cobb Salad Turkey Cobb Salad	Crispy Chicken Caesar Salad
Whole Grain Dinner Rolls available with Salads				

ADD ONS				
 Confetti Cole Slaw	Romaine Side Salad, Garbanzo Bean	Pickle Beet Salad	Caesar Side Salad, Diced Tomatoes	Broccoli Salad with Raisins
Baby Carrots w/ Lite Dressing	Cucumbers w/Lite Dressing	Baby Carrots w/Lite Dressing	Red Bell Pepper Strips w/ Lite Dressing	Jicama with Lite Dressing, Red Radishes
Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Whole Fresh Fruit Chilled Fruit	Whole Fresh Fruit Chilled Fruit

**FOOD FOCUS:
- ROOT VEGETABLES**

**There are six kinds of root vegetables:
Tap Roots, Tuberous Roots, Corms,
Rhizomes, Tubers, and Bulbs.**

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

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



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