



chartwells  
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Sauk Rapids-Rice Elementary Lunch Menu

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		2	3	4
<b>FOOD FOCUS: Dark Leafy Greens</b>		Popcorn Chicken with Whole Grain Biscuit	Cheese Quesadilla, Salsa	Tony's Whole Grain Cheese Pizza
<p>*Mix different salad greens together for a delicious salad. *Leafy greens are vegetables that are grown for their leaves and stems, though sometimes their stems are inedible. *The darker the color of the green, the more vitamins and minerals it usually has. Dark leafy greens provide vitamins A, C, K, as well as iron and calcium. * Next to potatoes, lettuce is the most popular veggie in the United States.</p>		*BBQ Pork on Whole Grain Bun	Yogurt & Graham Cracker, String Cheese Stick Fun Lunch	Macaroni & Cheese with Whole Grain Dinner Roll
		Mixed Greens Salad with Cheese and Dinner Rolls	*Ham and Turkey Chef Salad with Dinner Rolls	Crispy Chicken Popper Salad with WG Breadstick
		Mashed Potatoes with Gravy	Caesar Salad	Seasoned Peas
		Celery Sticks with Lite Dressing	Sliced Cucumbers	Baby Carrots with Lite Dressing
		Apple Cinnamon Slices	Chilled Pears	Chilled Mixed Fruit
7	8	9	10	11
Pepperoni Pizza Pasta Bake with Dinner Roll	"TACO TUESDAY" Soft Shell Beef Taco	Whole Grain French Toast Sticks with String Cheese & Syrup	Cheese Stuffed Breadsticks w/Marinara Sauce	Roasted Turkey with Gravy and Stuffing with Dinner Roll
Breaded Chicken Patty on WG Bun	Whole Grain Chicken Nuggets and WG Dinner Roll	Hamburger on WG Bun	Turkey & Cheese Sandwich	Fun Lunch, Sunbutter, Pretzel and String Cheese
Double Cheese Chef Salad with Breadstick	Crispy Chicken Salad with Cheese and Whole Grain Dinner Roll	Mixed Greens Salad with Cheese and Dinner Rolls	*Ham and Turkey Chef Salad with Dinner Rolls	Egg and Cheddar Chef Salad and Dinner Roll
Baked Beans	Savory Green Beans	Tater Tots	Seasoned Broccoli	Mashed Potatoes
Broccoli Florets w/ Lite Dressing	Marinated Tomato & Cucumber Salad	Baby Carrots with Lite Dressing	Ceasat Salad	Fresh Green Peppers with Lite Dressing
Chilled Pears	Pineapple Tidbits	Chilled Strawberries	Chilled Peaches	Chilled Mixed Fruit
14	15	16	17	18
Cheeseburger on WG Bun	"TACO TUESDAY" Soft Shell Beef Taco	Tater Tot Hot Dish with Whole Grain Dinner Roll	Turkey Macho Nachos	Tony's Whole Grain Cheese Pizza
Crispy Fish Sticks with Tater Sauce	Toasty Hot Dog	Breaded Chicken Patty on a Whole Grain Bun	Boneless Chicken Wings	WG Pasta with Italian Meat Sauce
Turkey and Cheese Wrap	Crispy Chicken Caesar Salad with Dinner Roll	*Ham and Turkey Chef Salad with Dinner Roll	Crispy Chicken Caesar Wrap	Mixed Greens Salad with Cheese and Breadstick
Baked French Fries	Seasoned Black Beans	Seasoned Carrots	Seasoned Peas	Sweet Potato Tots
Fresh Celery with Lite Dressing	Baby Carrots with Lite Dressing	Fresh Broccoli with Lite Dressing	Caesar Side Salad	Baby Carrots with Lite Dressing
Fresh Apple	Chilled Pears	Chilled Applesauce	Chilled Peaches	Chilled Mixed Fruit
21	22	23	24	25
NO SCHOOL	"TACO TUESDAY" Soft Shell Beef Taco	Breaded Chicken Patty on a Whole Grain Bun	*"Breakfast for Lunch" Pancake and Sausage on a stick	Tony's Whole Grain Cheese Pizza
	Hamburger on a WG Bun	Cheese Quesadilla, Salsa	Sloppy Joe on a Whole Grain Bun	Hot Dog on a Whole Grain Bun
	Double Cheese Chef Salad with Dinner Roll	*Ham and Turkey Chef Salad with Dinner Rolls	Turkey and Cheese on a Whole Grain Bread	Mixed Greens Salad with Cheese and Breadsticks
	Seasoned Corn	Seasoned Refried Beans	Tater Tots	Seasoned Green Beans
	Fresh Broccoli with Lite Dressing	Corn Salad with Ranch	Caesar Side Salad/ Grape Tomatoes	Sliced Cucumbers with Lite Dressing
	Chilled Applesauce	Chilled Mandarin Oranges	Chilled Strawberries	Chilled Mixed Fruit
28	29	30	31	
Toasted Cheese Sandwich	"TACO TUESDAY" Soft Shell Beef Taco	Popcorn Chicken with Whole Grain Biscuit	Cheese Quesadilla, Salsa	
Hamburger on a WG Bun	Mini Corn Dogs	*BBQ Pork Sandwich on a Whole Grain Bun	Fun Lunch Yogurt, Graham Crackers and String Cheese	
Crispy Chicken Caesar Salad with Dinner Roll	Turkey and Cheese on a Whole Grain Bread	Mixed Greens Salad with Cheese and Breadstick	*Ham and Turkey Chef Salad with Dinner Roll	
Tomato Soup	Seasoned Refried Beans	Mashed Potatoes w/Gravy	Caesar Side Salad	
Fresh Broccoli with Lite Dressing	Shredded Romaine Lettuce/Cherry Tomatoes	Fresh Celery Sticks w/Lite Dressing	Sliced Cucumbers w/Lite Dressing	
Chilled Peaches	Fresh Banana	Apple Cinnamon Slices	Chilled Pears	

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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