



SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU January 1-4, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
SIZZLE					
	NO SCHOOL	NO SCHOOL	Chicago Style Hot Dog on a Whole Grain Bun	Hot Ham and Cheese on WG Bun with Homemade Chicken Noodle Soup	Italian Dunkers with Pizza Sauce
			Baked Crinkle Fries	Steamed Broccoli	Steamed Corn
BAKE					
			Sandwiches served on Whole Grain Buns		
			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	*Hawaiian Pizza	Veggie Pizza
			Cheese Pizza	Cheese Pizza	Cheese 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 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	Cobb Salad	Crispy Chicken Caesar Salad
			Buffalo Chicken Popper Salad	Egg and Cheddar Chef Salad	
		Whole Grain Dinner Rolls available with Salads			
ADD ONS					
			Pickle Beet Salad	Caesar Side Salad, Diced Tomatoes	Broccoli Salad with Raisins
			Baby Carrots with Lite Dressing	Red Bell Pepper Strips w/ Lite Dressing	Jicama Sticks and Radishes with Lite Dressing,
			Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
			Chilled Fruit	Chilled Fruit	Chilled Fruit

FOOD FOCUS:
DARK LEAFY GREENS
 - The darker the color of the green, the more vitamins and minerals it usually has.

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 - Deanne Kania



* items may contain pork