




**SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU January 14 - 18, 2019**


**Monday Tuesday Wednesday Thursday Friday**

**SIZZLE**

|  |  |   |   |  |  |
|--|--|---|---|--|--|
|  | Boneless Chicken Wings, Mojo BBQ Sauce and Whole Grain Dinner Roll | BBQ Pulled Pork Sandwich on a Whole Grain Bun | Macaroni and Cheese with WG Dinner Roll | WG French Toast Sticks with Sausage Patty and String Cheese, Syrup, Gold Fish Crackers | Cheese Stuffed Breadsticks with Marinara Sauce |
|  | Seasoned Peas  | Tater Tots                                    | Seasoned Broccoli                       | Hash Brown Patty   | Green Beans                                    |


**BAKE**

Sandwiches served on Whole Grain Buns

|  |   |                                 |  |                                 |  |
|--|---|---------------------------------|--|---------------------------------|--|
|  | Breaded Spicy Chicken Patty Cheesburger | 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<br>Cheese Pizza<br>*Pepperoni Pizza | Meatball Pizza<br>Cheese Pizza<br>*Pepperoni Pizza | *Sausage Pizza<br>Cheese Pizza<br>*Pepperoni Pizza | *Hawaiian Pizza<br>Cheese Pizza<br>*Pepperoni Pizza | Garlic Chicken Pizza<br>Cheese Pizza<br>*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 | Chicken OR Beef Taco Salad with Tortilla Chips and Brown Rice | Chicken OR Beef Nachos with Brown Rice |
|---|--|---|---|---|--|

**OUTTAKES**

|  |  |   |  |  |                             |
|--|--|---|--|--|-----------------------------|
|  | *Ham and Cheese Chef Salad<br>Buffalo Chicken Popper Salad | Turkey Chef Salad<br>Chicken Caesar Salad | *Ham and Cheese Chef Salad<br>Buffalo Chicken Popper Salad | Cobb Salad<br>Egg and Cheddar Chef Salad | Crispy Chicken Caesar Salad |
|--|--|---|--|--|-----------------------------|

Whole Grain Dinner Rolls available with Salads

**ADD ONS**

|  |  |   |   |  |  |
|--|--|---|---|--|--|
|  | Sweet Corn & Pepper Salad<br>Baby Carrots with Lite Dressing<br>Fresh Whole Fruit<br>Chilled Fruit | Romaine Side Salad, Grape Tomatoes<br>Red Bell Pepper Strips with Lite Dressing<br>Fresh Whole Fruit<br>Chilled Fruit | Marinated Toamato & Cucumber Slad<br>Garbanzo Beans<br>Fresh Whole Fruit<br>Chilled Fruit | Jicama Sticks with Lite Dressing<br>Broccoli Florets with Lite Dressing<br>Fresh Whole Fruit<br>Chilled Strawberries | Confetti Cole Slaw<br>Celery Sticks with Lite Dressing<br>Fresh Whole Fruit<br>Chilled Fruit |
|--|--|---|---|--|--|

**FOOD FOCUS:**  
Dark Leafy Greens  
- Mix different salad greens together for a delicious salad.

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-Deanne Kania

Milk 1/2 pt. \$.40

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\* items may contain pork