



SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU January 21 - 25, 2019

Monday Tuesday Wednesday Thursday Friday

SIZZLE

Table with columns for SIZZLE items: NO SCHOOL, Penne Pasta with Chicken and Alfredo Sauce, Swedish Meatballs with Mashed Potatoes, Sloppy Joe on Whole Grain Bun, Pepperoni Pasta Bake with WG Dinner Roll. Side items: Seasoned Broccoli, Steamed Corn, Potato Wedges, Steamed Green Beans.

BAKE

Table for BAKE items: Breaded Chicken Patty Hamburger, Breaded Spicy Chicken Patty Cheeseburger, Breaded Chicken Patty Hamburger, Breaded Spicy Chicken Patty Cheeseburger. Note: Sandwiches served on Whole Grain Buns.

TAKE

Table for TAKE items: Buffalo Chicken Pizza, Cheese Pizza, *Pepperoni Pizza, *Sausage Pizza, Cheese Pizza, *Pepperoni Pizza, *Hawaiian Pizza, Cheese Pizza, *Pepperoni Pizza, Veggie Pizza, Cheese Pizza, *Pepperoni Pizza. Note: Pizza is prepared on Whole Grain Pizza Crusts.

CASA AMIGOS

Table for CASA AMIGOS items: 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. Note: Southwest Ranch Dressing Available.

OUTTAKES

Table for OUTTAKES items: Turkey Chef Salad, Chicken Caesar Salad, *Ham and Cheese Chef Salad, Buffalo Chicken Popper Salad, Cobb Salad, Egg and Cheddar Chef Salad, Crispy Chicken Caesar Salad.

Whole Grain Dinner Rolls available with Salads

ADD ONS

Table for ADD ONS items: Romaine Side Salad with Grape Tomatoes and Lite Dressing, Sliced Cucumbers with Lite Dressing, Fresh Whole Fruit, Chilled Fruit, Pickled Beet Salad, Marinated Cucumbers, Fresh Whole Fruit, Chilled Fruit, Caesar Side Salad, Power Peas, Asian Pinto Bean Salad, Fresh Whole Fruit, Chilled Fruit, Sweet Corn Salad w/ Ranch Dressing, Baby Carrots w/ Lite Dressing, Fresh Whole Fruit, Chilled Fruit.

FOOD FOCUS: DARK LEAFY GREENS - Dark leafy greens are vegetables that are grown for their leaves and stems, though sometimes their stems are inedible.

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



* items may contain pork