




SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU January 28 - February 1, 2019


Monday Tuesday Wednesday Thursday Friday

SIZZLE

	Chicken Nuggets with Gravy, Dinner Roll	Tater Tot Hot Dish with a Biscuit	Cheese Dunkers with Pizza Sauce	Hot Ham and Cheese on WG Bun with Homemade Chicken Noodle Soup	Toasted Hot Dog
	Mashed Potatoes	Steamed Peas	Steamed Corn	Steamed Broccoli	Baked Crinkle 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 Cheeseburger
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TAKE


Pizza is prepared on Whole Grain Pizza Crusts

	*Sausage Pizza Cheese Pizza *Pepperoni Pizza	Meatball Pizza Cheese Pizza *Pepperoni Pizza	*Sausage Pizza Cheese Pizza *Pepperoni Pizza	*Hawaiian Pizza Cheese Pizza *Pepperoni Pizza	Veggie Pizza Cheese Pizza *Pepperoni Pizza
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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
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OUTTAKES

	*Ham and Cheese Chef Salad Chicken Popper Salad	Turkey Chef Salad Crispy Chicken Caesar Salad	*Ham and Cheese Chef Salad Buffalo Chicken Popper Salad	Cobb Salad Egg and Cheddar Chef Salad	Crispy Chicken Caesar Salad
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Whole Grain Dinner Rolls available with Salads

ADD ONS

	Confetti Coleslaw Baby Carrots with Lite Dressing Fresh Whole Fruit Chilled Fruit	Romaine Side Salad, Garbazo Beans Sliced Cucumbers with Lite Dressing Fresh Whole Fruit Chilled Fruit	Pickled Beet Salad Baby Carrots with Lite Dressing Fresh Whole Fruit Chilled Fruit	Cesar Side Salad with Diced Tomatoes Red Bell Pepper Strips with Lite Dressing Fresh Whole Fruit Chilled Strawberries	Broccoli Salad with Raisins Jicama Sticks and Radishes with Lite Dressing Fresh Whole Fruit Chilled Fruit
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FOOD FOCUS: Dark Leafy Greens
- There are hundreds of different varieties of lettuce. Lettuce is grown year round, but the peak season is January - May. Choose dark green leaves with lettuce head that are firm.

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

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Food Service Director- Deanne Kania



* items may contain pork