








SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU January 7-11, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
SIZZLE				
 General Tso's Chicken over Steamed Brown Rice Seasoned Peas	"I PASTA" WG Penne Pasta with Italian Meat Sauce Orange Glazed Carrots	Chicken & Cheese Quesadilla with Salsa Steamed Corn	Roasted Turkey and Gravy with Whole Grain Stuffing and Whole Grain Dinner Roll Mashed Potatoes	Toasted Grill Cheese Sandwich with Tomato Soup Steamed Green Beans
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
TAKE				
Pizza is prepared on Whole Grain Pizza Crusts				
 *Sausage Pizza Cheese Pizza *Pepperoni Pizza	Buffalo Chicken Pizza Cheese Pizza *Pepperoni Pizza	*Sausage Pizza Cheese Pizza *Pepperoni Pizza	*Hawaiian Pizza Cheese Pizza *Pepperoni Pizza	Garlic Chicken Pizza Cheese Pizza *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 Seasoned Black Beans	Chicken OR Beef Tacos with Seasoned Black Beans	Chicken OR Beef Taco Salad with Tortilla Chips and Brown Rice Seasoned Refried Beans	Chicken OR Beef Nachos with Brown Rice
OUTTAKES				
 *Ham and Cheese Chef Salad Chicken Popper Salad	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				
 Sweet Corn & Pepper Salad Baby Carrots with Lite Dressing Fresh Whole Fruit Chilled Fruit	Romaine Side Salad Black Beans Fresh Whole Fruit Chilled Fruit	Marinated Tomato & Cucumber Salad Red Bell Pepper Strips w/Lite Dressing Fresh Whole Fruit Chilled Fruit	Caesar Side Salad, Power Peas Sliced Cucumber with Lite Dressing Fresh Whole Fruit Chilled Fruit	Broccoli Ranch Salad with Carrots Baby Carrots with Lite Dressing Fresh Whole Fruit Chilled Fruit

FOOD FOCUS:
DARK LEAFY GREENS
 - 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.

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