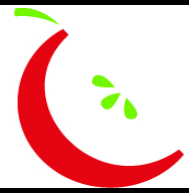




chartwells
eat. learn. live.



Sauk Rapids-Rice Elementary Lunch Menu

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>Red & Orange Vegetables: -Mix and match your colors and eat a variety of colorful fruits and vegetables every week.</p> <p>- Do you know why it's important to eat more colorful vegetables? The more color the vegetable, the more vitamins and minerals it contains.</p> <p>- These vegetables get their color from beta carotene, an antioxidant that the body converts to Vitamin A. Vitamin A helps our vision, protects us from infections, and helps keep skin healthy.</p> <p>- There are so many ways to eat colorful vegetables - zesty tomato sauce, mashed sweet potatoes, fresh carrot sticks, roasted red peppers, baked butternut squash-how many other ways can you suggest?</p>				<p>Tony's Whole Grain Cheese Pizza</p> <p>Macaroni & Cheese with Whole Grain Dinner Roll</p> <p>Crispy Chicken Popper Salad with WG Breadstick</p> <p>Seasoned Peas</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Mixed Fruit</p>
4	5	6	7	8
<p>Whole Grain Pasta Bake with Pepperoni and WG Dinner Roll</p> <p>Breaded Chicken Patty on a Whole Grain Bun</p> <p>Double Cheese Chef Salad with WG Breadstick</p> <p>Baked Beans</p> <p>Broccoli Florets w/ Lite Dressing</p> <p>Chilled Pears</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco</p> <p>Whole Grain Chicken Nuggets and WG Dinner Roll</p> <p>Crispy Chicken Salad with Cheese and WG Dinner Roll</p> <p>Seasoned Green Beans</p> <p>Marinated Tomato & Cucumber Salad</p> <p>Chilled Pineapple Tidbits</p>	<p>WG French Toast Sticks with String Cheese and Syrup</p> <p>Cheeseburger on a Whole Grain Bun</p> <p>Mixed Green Salad with Cheese and Whole Grain Breadstick</p> <p>Tater Tots</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Strawberries</p>	<p>Cheese Stuffed Breadsticks with Marinara Sauce</p> <p>Turkey & Cheese on Whole Grain Bread</p> <p>*Ham and Turkey Chef Salad with WG Breadstick</p> <p>Seasoned Broccoli</p> <p>Caesar Salad</p> <p>Chilled Peaches</p>	<p>Roasted Turkey with Gravy and WG Stuffing with WG Dinner Roll</p> <p>Fun Lunch Pretzel with Sunbutter and String Cheese</p> <p>Egg and Cheddar Chef Salad with Whole Grain Dinner Roll</p> <p>Mashed Potatoes</p> <p>Fresh Green Peppers with Lite Dressing</p> <p>Chilled Mixed Fruit</p>
11	12	13	14	15
<p>Hamburger on a Whole Grain Bun</p> <p>WG Fish Sticks with WG Dinner Roll</p> <p>Turkey & Cheese Wrap</p> <p>Baked French Fries</p> <p>Celery with Lite Dressing</p> <p>Fresh Apple</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco</p> <p>Mummy Dog</p> <p>Chicken Caesar Salad with Whole Grain Dinner Roll</p> <p>Seasoned Black Beans</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Diced Pears</p>	<p>Tater Tot Hot dish with Whole Grain Dinner Roll</p> <p>Breaded Chicken Patty on a Whole Grain Bun</p> <p>*Ham and Turkey Chef Salad with WG Dinner Roll</p> <p>Seasoned Carrots</p> <p>Broccoli Florets w/ Lite Dressing</p> <p>Chilled Applesauce</p>	<p>Turkey Macho Nachos</p> <p>Boneless Chicken Wings</p> <p>Crispy Chicken Caesar Wrap</p> <p>Seasoned Peas</p> <p>Caesar Side Salad</p> <p>Chilled Peaches</p>	NO SCHOOL
18	19	20	21	22
NO SCHOOL	<p>"TACO TUESDAY" Soft Shell Beef Taco</p> <p>Hamburger on a Whole Grain Bun</p> <p>Double Cheese Chef Salad with WG Dinner Roll</p> <p>Seasoned Corn</p> <p>Broccoli Florets w/ Lite Dressing</p> <p>Chilled Applesauce</p>	<p>Breaded Chicken Patty on Whole Grain Bun</p> <p>Cheese Quesadilla, Salsa</p> <p>*Ham and Turkey Chef Salad with WG Dinner Roll</p> <p>Seasoned Refried Beans</p> <p>Sweet Corn Salad with Ranch Dressing</p> <p>Chilled Mandarin Oranges</p>	<p>*"Breakfast for Lunch" Pancake and Sausage on a stick</p> <p>Sloppy Joe on Whole Grain Bun</p> <p>Turkey and Cheese on Whole Grain Bread</p> <p>Tater Tots</p> <p>Caesar Side Salad</p> <p>Chilled Strawberries</p>	<p>Tony's Whole Grain Cheese Pizza</p> <p>Hot Dog on Whole Grain Bun</p> <p>Mixed Green and Cheese Salad with WG Dinner Roll</p> <p>Seasoned Green Beans</p> <p>Sliced Cucumbers with Lite Dressing</p> <p>Chilled Mixed Fruit</p>
25	26	27	28	
<p>Toasted Cheese Sandwich</p> <p>Hamburger on Whole Grain Bun</p> <p>Crispy Chicken Caesar Salad with WG Dinner Roll</p> <p>Tomato Soup</p> <p>Broccoli Florets w/ Lite Dressing</p> <p>Chilled Peaches</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco</p> <p>Mini Corn Dogs</p> <p>Turkey and Cheese on Whole Grain Bread</p> <p>Seasoned Refried Beans</p> <p>Romaine Salad, Cherry Tomatoes w/ Lite Dressing</p> <p>Banana</p>	<p>Popcorn Chicken with Whole Grain Biscuit</p> <p>BBQ Chicken Sandwich on a WG Bun</p> <p>Mixed Green and Cheese Salad with WG Dinner Roll</p> <p>Mashed Potatoes and Gravy</p> <p>Celery Sticks with Lite Dressing</p> <p>Cinnamon Apple Slices</p>	<p>Cheese Quesadilla, Salsa</p> <p>Fun Lunch Yogurt and Graham Cracker with String Cheese</p> <p>*Ham and Turkey Chef Salad with WG Dinner Roll</p> <p>Caesar Side Salad</p> <p>Sliced Cucumbers with Lite Dressing</p> <p>Chilled Pears</p>	

Milk... Skim, 1% and Chocolate Skim available daily

Lactose Free milk is available upon written request

Student Lunch \$2.55
Reduced Lunch Price \$.00
Adult Lunch \$3.85
Milk 1/2 pt. \$4.00

* items may contain pork

Menu Subject to Change Without Notice. Questions or Comments? Contact Dining Services At 320-253-3628

This institution is an equal opportunity provider.

