



SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU February 11 - 15, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
SIZZLE					
	Boneless Chicken Wings, Mojo BBQ Sauce and Whole Grain Dinner Roll	BBQ Pulled Pork on Whole Grain Bun	Macaroni & Cheese with WG Dinner Roll	French Toast Sticks, Sausage, Syrup, Cinnamon Goldfish Crackers and String Cheese	NO SCHOOL
	Seasoned Peas	Tater Tots	Seasoned Broccoli	Hash Brown Patty	
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	
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	
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	
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 Cheese Chef Salad	
	Whole Grain Dinner Rolls available with Salads				
ADD ONS					
	Sweet Corn & Pepper Salad	Romaine Side Salad, Grape Tomatoes	Marinated Tomato & Cucumber Salad	Jicama Sticks with Lite Dressing	
	Baby Carrots with Lite Dressing	Red Bell Pepper Strips w/ Lite Dressing	Garbanzo Beans	Broccoli Florets with Lite Dressing	
	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Blueberries	

FOOD FOCUS: Red & Orange Vegetables
 - 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?

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
This institution is an equal opportunity provider.
 Food Service Director-Shellie Graham

Milk 1/2 pt. \$.40

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* items may contain pork