



SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU February 18 - 22, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
SIZZLE					
	NO SCHOOL	 PASTA" WG Penne Pasta with Chicken and Alfredo Sauce	Swedish Meatballs w/ Mashed Potatoes and WG Dinner Roll	Sloppy Joe on Whole Grain Bun	*Pepperoni Pasta Bake with WG Dinner Roll
		Seasoned Broccoli	Seasoned Corn	Potato Wedges	Seasoned Green Beans
TASTE					
		Sandwiches served on Whole Grain Buns			
		Breaded Chicken Patty Hamburger	Breaded Spicy Chicken Patty Cheeseburger	Breaded Chicken Patty Hamburger	Breaded Spicy Chicken Patty Cheeseburger
BAKE					
		Pizza is prepared on Whole Grain Pizza Crusts			
		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
Crushed Red Peppers available					
CASA AMIGOS					
		Southwest Ranch Dressing Available			
		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
OUTTAKES					
		Turkey Chef Salad	*Ham and Cheese Chef Salad	Cobb Salad	Crispy Chicken Caesar Salad
		Chicken Caesar Salad	Buffalo Chicken Popper Salad	Egg and Cheddar Chef Salad	
Whole Grain Dinner Rolls available with Salads					
ADD ONS					
		Romaine Side Salad	Pickled Beet Salad	Romaine Side Salad	Sweet Corn Salad w/ Ranch Dressing
		Grape Tomatos w/ Lite Dressing	Baby Carrots w/ Lite Dressing	Power Peas, Asian Pinto Bean Salad	Baby Carrots w/ Lite Dressing
	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	

FOOD FOCUS:

Red & Orange Vegetables:
- Mix and match your colors and eat a variety of colorful fruits and vegetables each week.

Student Lunch \$2.80

Reduced Lunch Price \$.00

Adult Lunch \$3.85

Milk 1/2 pt. \$.40

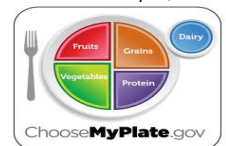
Skim, 1% and Chocolate Skim served daily

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



* items may contain pork