



SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU February 4 -8, 2019

Monday Tuesday Wednesday Thursday Friday

SIZZLE

	General Tso's Chicken over Steamed Brown Rice	PASTA" WG Penne Pasta with Meat Sauce	Mini Corn Dogs	Roasted Turkey and Gravy with Whole Grain Stuffing and Whole Grain Dinner Roll	Toasted Grill Cheese Sandwich with Tomato Soup
	Seasoned Carrots	Orange Glazed Carrots	Baked Beans	Mashed Potatoes	Seasoned 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
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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
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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 Seasoned Black Beans	Chicken OR Beef Tacos with Seasoned Refried Beans	Chicken OR Beef Taco Salad with Tortilla Chips and Brown Rice Seasoned Black Beans	Chicken OR Beef Nachos with Brown Rice
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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
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Whole Grain Dinner Rolls available with Salads

ADD ONS

	Sweet Corn and Pepper Salad	Romaine Side Salad	Marinated Tomato & Cucumber Salad	Caesar Side Salad, Power Peas	Broccoli Ranch Salad with Carrots
	Baby Carrots with Lite Dressing	Black Beans	Red Bell Pepper Strips w/ Lite Dressing	Sliced Cucumbers with Lite Dressing	Baby Carrots with Lite Dressing
	Fresh Whole Fruit Chilled Fruit	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:
 - 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.

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*

* items may contain pork