







SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU Feb 25-28 March 1, 2019


Monday Tuesday Wednesday Thursday Friday


SIZZLE					
	Chicken Nuggets w/ Whole Grain Dinner Roll	Tater Tot Hot dish with Whole Grain Biscuit	Cheese Dunkers with Pizza Sauce	Hot Ham and Cheese on WG Bun	Toasty Dog
	Mashed Potatoes w/ Gravy	Seasoned Peas	Seasoned Corn	Baked Beans	Baked Crinkle Fries

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	BBQ Chicken Pizza Cheese Pizza *Pepperoni Pizza	*Sausage Pizza Cheese Pizza *Pepperoni Pizza	*Hawaiian Pizza Cheese Pizza *Pepperoni Pizza	Veggie Pizza Cheese Pizza *Pepperoni Pizza

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	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

ADD ONS					
	Confetti Cole Slaw	Romaine Side Salad, Garbanzo Beans	Pickled Beet Salad	Romaine Salad w/ Diced Tomatoes	Broccoli Salad with Raisins
	Baby Carrots with Lite Dressing	Sliced Cucumbers w/ Lite Dressing	Baby Carrots with Lite Dressing	Red Bell Pepper Strips w/ Lite Dressing	Jicama or Radish w/ Lite Dressing
	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Strawberries	Fresh Whole Fruit Chilled Fruit

FOOD FOCUS: Dark Leafy Greens
 - There are hundreds of different varieties of lettuce. Lettuce is grown year round, but the peak season is January - May. Choose dark green leaves with lettuce head that are firm.

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

