



SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU January 28 - February 1, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
SIZZLE					
	Chicken Nuggets with Gravy, Dinner Roll	Tater Tot Hot Dish with a Biscuit	Cheese Dunkers with Pizza Sauce	Hot Ham and Cheese on WG Bun	Toasted Hot Dog
	Mashed Potatoes	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	Meatball Pizza	*Sausage Pizza	*Hawaiian Pizza	Veggie Pizza
	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
	*Pepperoni Pizza	*Pepperoni Pizza	*Pepperoni Pizza	*Pepperoni 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	Chicken OR Beef Nachos with Brown Rice
OUTTAKES					
	*Ham and Cheese Chef Salad	Turkey Chef Salad	*Ham and Cheese Chef Salad	Cobb Salad	Crispy Chicken Caesar Salad
	Chicken Popper Salad	Crispy Chicken Caesar Salad	Buffalo Chicken Popper Salad	Egg and Cheddar Chef Salad	
Whole Grain Dinner Rolls available with Salads					
ADD ONS					
	Confetti Coleslaw	Romaine Side Salad, Garbazo Beans	Pickled Beet Salad	Cesar Side Salad with Diced Tomatoes	Broccoli Salad with Raisins
	Baby Carrots with Lite Dressing	Sliced Cucumbers with Lite Dressing	Baby Carrots with Lite Dressing	Red Bell Pepper Strips with Lite Dressing	Jicama Sticks and Radishes with Lite Dressing
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Strawberries	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 leafy lettuce that are firm.

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

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 Food Service Director- Deanne Kania

