



Sauk Rapids-Rice Elementary Lunch Menu

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
FOOD FOCUS				
<p>Cruciferous Vegetables</p> <p>Cruciferous vegetables contain phytochemicals which have anti-cancer properties. Fruits and vegetables provide different nutrients and phytochemicals based on what color they are. Dark green vegetables like broccoli are also rich in folate and chlorophyll.</p>	<p>2019 National Nutrition Month</p> <p>Find Your Flavor</p> <p>Sweet, Sour, Umami, Bitter and Spicy</p>			<p>*Tony's Whole Grain Pepperoni Pizza</p> <p>Macaroni and Cheese with a Whole Grain Dinner Roll</p> <p>Popcorn Chicken Salad with WG Breadstick</p> <p>Seasoned Peas</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Mixed Fruit</p>
4	5	6	7	8
<p>*Pepperoni Pizza Pasta Bake with WG Dinner Roll</p> <p>Crispy Chicken Patty on WG Bun</p> <p>Mixed Greens Salad with Double Cheese and WG Breadstick</p> <p>Baked Beans</p> <p>Broccoli Florets w/ Lite Dressing</p> <p>Chilled Pears</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco</p> <p>WG Chicken Nuggets with WG Dinner Roll</p> <p>Mixed Greens Salad with Chicken and Cheese with WG Dinner Rolls</p> <p>Seasoned Green Beans</p> <p>Marinated Tomato and Sliced Cucumber Salad</p> <p>Chilled Pineapples</p>	<p>WG French Toast Sticks with String Cheese and Syrup</p> <p>Hamburger on WG Bun</p> <p>Mixed Green Salad with Cheese and WG Breadstick</p> <p>Tater Tots</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Blueberries</p>	<p>Stuffed Cheese WG Breadsticks with Marinara Sauce</p> <p>Turkey and Cheese on WG Bread</p> <p>*Ham and Turkey Chef Salad with WG Breadstick</p> <p>Seasoned Broccoli</p> <p>Caesar Side Salad</p> <p>Chilled Peaches</p>	<p>NO SCHOOL</p>
11	12	13	14	15
<p>Crispy WG Fish Sticks with WG Dinner Roll and Tarter Sauce</p> <p>Cheeseburger on WG Bun</p> <p>Turkey and Cheese on WG Wrap</p> <p>Baked Crinkle Fries</p> <p>Celery with Lite Dressing</p> <p>Fresh Apple</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco</p> <p>Mummy Dog</p> <p>Chicken Caesar Salad with WG Dinner Roll</p> <p>Seasoned Black Beans</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Pears</p>	<p>Tater Tot Hot Dish with WG Dinner Roll</p> <p>Crispy Chicken Patty on WG Bun</p> <p>*Ham and Turkey Chef Salad with WG Dinner Roll</p> <p>Seasoned Carrots</p> <p>Broccoli Florets with Lite Dressing</p> <p>Chilled Applesauce</p>	<p>Turkey Macho Nachos</p> <p>Boneless Chicken Wings</p> <p>Crispy Chicken Caesar Wrap</p> <p>Seasoned Peas</p> <p>Caesar Side Salad</p> <p>Chilled Peaches</p>	<p>Tony's Cheese WG Pizza</p> <p>Italian Meat Sauce w/WG Rotini Pasta</p> <p>Mixed Greens Salad with Cheese with WG Breadsticks</p> <p>Sweet Potato Tots</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Mixed Fruit</p>
18	19	20	21	22
<p>Chicken Nuggets with WG Dinner Roll</p> <p>*BBQ Riblet on Whole Grain Bun</p> <p>Chicken Caesar Salad with WG Dinner Roll</p> <p>Mashed Potatoes w/ Gravy</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Peaches</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco</p> <p>Hamburger on WG Bun</p> <p>Double Cheese Chef Salad with WG Dinner Rolls</p> <p>Seasoned Corn</p> <p>Broccoli Florets w/ Lite Dressing</p> <p>Chilled Applesauce</p>	<p>Crispy Chicken Patty on WG Bun</p> <p>Cheese Quesadilla, Salsa</p> <p>*Ham and Turkey Chef Salad with WG Dinner Roll</p> <p>Seasoned Refried Beans</p> <p>Sweet Corn Salad with Ranch</p> <p>Chilled Pears</p>	<p>*"Breakfast for Lunch" Pancake and Sausage on a Stick</p> <p>Sloppy Joe on Whole Grain Bun</p> <p>Turkey & Cheese on Whole Grain Bread</p> <p>Tater Tots</p> <p>Caesar Salad, Grape Tomatoes</p> <p>Chilled Blueberries</p>	<p>Tony's Cheese WG Pizza</p> <p>Hot Dog on Whole Wheat Bun</p> <p>Mixed Green Salad with Cheese with WG Dinner Roll</p> <p>Seasoned Green Beans</p> <p>Sliced Cucumbers with Lite Dressing</p> <p>Chilled Mixed Fruit</p>
25	26	27	28	29
<p>Toasty Grilled Cheese on Whole Grain Bread</p> <p>Hamburger on WG Bun</p> <p>Chicken Caesar Salad with WG Dinner Roll</p> <p>Tomato Soup</p> <p>Broccoli Florets with Lite Dressing</p> <p>Chilled Peaches</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco</p> <p>Mini Corn Dogs</p> <p>Turkey and Cheese on Whole Grain Bread</p> <p>Seasoned Refried Beans</p> <p>Romaine Lettuce and Cherry Tomatoes</p> <p>Fresh Banana</p>	<p>Popcorn Chicken with WG Biscuit</p> <p>BBQ Chicken Sandwich on WG Bun</p> <p>Mixed Green Salad with Cheese with WG Dinner Roll</p> <p>Mashed Potatoes and Gravy</p> <p>Celery with Lite Dressing</p> <p>Cinnamon Apple Slices</p>	<p>Cheese Quesadilla with Salsa</p> <p>"Fun Lunch" Strawberry Banana Yogurt with Graham Cracker</p> <p>*Ham and Turkey Chef Salad with WG Dinner Roll</p> <p>Caesar Side Salad</p> <p>Sliced Cucumbers with Lite Dressing</p> <p>Chilled Pears</p>	<p>Tony's Cheese WG Pizza</p> <p>Macaroni and Cheese with WG Dinner Roll</p> <p>Popcorn Chicken Salad with Whole Grain Breadstick</p> <p>Seasoned Peas</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Mixed Fruit</p>

Milk.... Skim, 1% and Chocolate Skim available daily

Lactose Free milk is available upon written request

Student Lunch \$2.55
 Reduced Lunch Price \$.00
 Adult Lunch \$3.85
 Milk 1/2 pt. \$.40



* items may contain pork

Menu Subject to Change Without Notice. Questions or Comments? Contact Dining Services At 320-253-3628

This institution is an equal opportunity provider.