



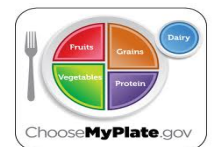
SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU March 11 - 15, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
SIZZLE					
	Boneless Chicken Wings, Mojo BBQ Sauce and Whole Grain Dinner Roll	BBQ Chicken Sandwich on WG Bun	Macaroni and Cheese with WG Dinner Roll	WG French Toast Sticks with Sausage Patty, String Cheese, Syrup, Goldfish Cracker	Cheese Stuffed Breadsticks with Marinara Sauce
	Seasoned Peas	Tater Tots	Seasoned Broccoli	Hash Brown Patty	Seasoned Green Beans
BAKE					
	Breaded Spicy Chicken Patty Cheeseburger	Breaded Chicken Patty Hamburger	Sandwiches served on Whole Grain Buns		Breaded Spicy Chicken Patty Cheeseburger
			Breaded Spicy Chicken Patty Cheeseburger	Breaded Chicken Patty Hamburger	Breaded Spicy Chicken Patty Cheeseburger
TAKE					
	*Sausage Pizza Cheese Pizza *Pepperoni Pizza	Meatball Pizza Cheese Pizza *Pepperoni Pizza	Pizza is prepared on Whole Grain Pizza Crusts		*Sausage Pizza Cheese Pizza *Pepperoni Pizza
			*Sausage Pizza Cheese Pizza *Pepperoni Pizza	*Hawaiian Pizza Cheese Pizza *Pepperoni Pizza	Garlic Chicken Pizza Cheese Pizza *Pepperoni Pizza
			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 Black Beans	Chicken OR Beef Taco Salad with Tortilla Chips and Brown Rice	Chicken OR Beef Nachos with Brown Rice
OUTTAKES					
	*Ham and Cheddar Chef Salad Chicken Popper Salad	Turkey Chef Salad Chicken Caesar Salad	*Ham and Cheddar Chef Salad Buffalo Chicken Popper Salad	Turkey Cobb Salad Egg and Cheddar Chef Salad	Crispy Chicken Caesar Salad
	Whole Grain Dinner Rolls available with Salads				
ADD ONS					
	Sweet Corn & Pepper Salad	Romaine Side Salad, Grape Tomatoes	Marinated Tomato & Cucumber Salad	Jicama with Lite Dressing	Confetti Coleslaw
	Baby Carrots w/ Lite Dressing	Red Bell Pepper Strips with Lite Dressing	Garbanzo Beans	Fresh Broccoli Florets with Lite Dressing	Celery Sticks 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:
Cruciferous Vegetables
 - Cruciferous vegetables have sulfur-containing compounds which can give these vegetables a pungent smell.

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
 USDA is a Equal Opportunity provider and employer
 Food Service Director-Deanne Kania

Milk 1/2 pt. \$.40



* items may contain pork