



SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU March 18 - 22, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	Mini Turkey Corn Dogs	WG Penne Pasta with Chicken and Alfredo Sauce	Swedish Meatballs With Mashed Potatoes and WG Dinner Roll	Sloppy Joe on WG Bun	Crispy Fish Sticks with WG Dinner Roll and Tarter Sauce
	Seasoned Potato Wedges	Seasoned Broccoli	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	Buffalo Chicken Pizza Cheese Pizza *Pepperoni Pizza	*Sausage Pizza Cheese Pizza *Pepperoni Pizza	*Hawaiian Pizza Cheese Pizza *Pepperoni Pizza	Veggie 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 Refried 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					
	Broccoli Ranch Salad with Carrots Baby Carrots with Lite Dressing Fresh Whole Fruit Chilled Fruit	Romaine Side Salad Grape Tomatoes with Lite Dressing Fresh Whole Fruit Chilled Fruit	Pickled Beet Salad Cucumber with Lite Dressing Fresh Whole Fruit Chilled Fruit	Romaine Side Salad, Power Peas Asian Pinto Bean Salad Fresh Whole Fruit Chilled Fruit	Sweet Corn Salad with Ranch Baby Carrots with Lite Dressing Fresh Whole Fruit Chilled Fruit

FOOD FOCUS:
Cruciferous Vegetables
 - Since cabbage contains lots of vitamin C, sailors ate it regularly on long voyages to prevent scurvy.

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

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

