







**SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU March 25 - 29, 2019**


	Monday	Tuesday	Wednesday	Thursday	Friday
	WG Chicken Nuggets with Gravy, WG Dinner Roll	Tater Tot Hot Dish with WG Biscuit	Toasty Hot Dog	*Hot Ham and Cheese on WG Bun	Cheese Dunkers with Pizza Sauce
	Mashed Potatoes	Seasoned Peas	Baked Crinkle Fries	Baked Beans	Seasoned Corn

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
	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 Salad	Crispy Chicken Caesar Salad
	Whole Grain Dinner Rolls available with Salads				

ADD ONS					
	Confetti Coleslaw	Romaine Side Salad with Garbanzo Beans	Pickled Beet Salad	Caesar Side Salad with Grape Tomatoes	Broccoli Salad with Raisins
	Baby Carrots with Lite Dressing	Sliced Cucumbers with Lite Dressing	Baby Carrots with Lite Dressing	Red Bell Peppers with Lite Dressing	Jicama and Radish 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 like  
 growing in cooler temperatures.

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

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 Food Service Director-Deanne Kania

