



SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU March 4 - 8, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
SIZZLE					
	General Tso's Chicken with Brown Rice	 PASTA" WG Penne Pasta with Italian Meat Sauce	Crispy Fish Sticks with WG Dinner Roll and Tarter Sauce	Roasted Turkey and Gravy with WG Stuffing and WG Dinner Roll	No School
	Seasoned Peas	Orange Glazed Carrots	Baked Crinkle Fries	Mashed Potatoes	
BAKE					
	Breaded Spicy Chicken Patty Cheeseburger	Breaded Chicken Patty Hamburger	Breaded Spicy Chicken Patty Cheeseburger	Breaded Chicken Patty Hamburger	
	Sandwiches served on Whole Grain Buns				
TAKE					
	*Sausage Pizza	Buffalo Chicken Pizza	*Sausage Pizza	*Hawaiian Pizza	
	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	
	*Pepperoni Pizza	*Pepperoni Pizza	*Pepperoni Pizza	*Pepperoni Pizza	
	Crushed Red Peppers available				
Pizza is prepared on Whole Grain Pizza Crusts					
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	
OUTTAKES					
	*Ham and Cheddar Chef Salad	Turkey Chef Salad	*Ham and Cheddar Chef Salad	Turkey Cobb Salad	
	Chicken Popper Salad	Chicken Caesar Salad	Buffalo Chicken Popper Salad	Egg and Cheddar Chef Salad	
Whole Grain Dinner Rolls available with Salads					
ADD ONS					
	Sweet Corn & Pepper Salad	Romaine Side Salad with Lite Dressing	Marinated Tomato & Cucumber Salad	Caesar Side Salad	
	Baby Carrots with Lite Dressing	Black Beans	Celery with Lite Dressing	Sliced Cucumbers with Lite Dressing	
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	

FOOD FOCUS:

Cruciferous Vegetables
- 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.

Student Lunch \$2.80

Reduced Lunch Price \$.00

Adult Lunch \$3.85

Skim, 1% and Chocolate Skim served daily

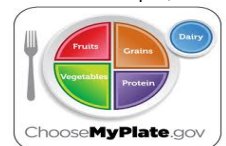
Lactose Free milk is available upon written request

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

Milk 1/2 pt. \$.40



* items may contain pork