



Sauk Rapids-Rice Elementary Lunch Menu

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 *Whole Grain Pasta Bake with Pepperoni and WG Dinner Roll Breaded Chicken Patty on Whole Grain Bun Double Cheese Chef with WG Breadstick Baked Beans Broccoli Florets with Lite Dressing Chilled Pears	2 "TACO TUESDAY" Soft Shell Beef Taco Whole Grain Chicken Nuggets and WG Dinner Roll Crispy Chicken Salad with Cheese and WG Dinner Roll Seasoned Green Beans Marinated Tomato & Cucumber Salad Chilled Pineapple Tidbits	3 "Breakfast for Lunch" WG French Toast with String Cheese and Syrup Hamburger on WG Bun Mixed Greens Salad with Cheese WG Breadstick Baked Tater Tots Baby Carrots with Lite Dressing Chilled Blueberries	4 Cheese Stuffed Breadsticks with Marinara Sauce Turkey and Cheese on Whole Grain Bread *Ham and Turkey Chef Salad with WG Breadstick Seasoned Broccoli Caesar Side Salad Chilled Peaches	5 Roast Turkey in Gravy with WG Stuffing and WG Dinner Roll "Fun Lunch" Sunbutter and WG Pretzel Egg and Cheddar Chef Salad with WG Dinner Roll Mashed Potatoes Green Pepper Strips with Lite Dressing Chilled Mixed Fruit
8 Cheeseburger on a WG Bun WG Fish Sticks with Tarter Sauce and WG Dinner Roll Turkey and Cheese Wrap Baked Crinkle Fries Celery Sticks with Lite Dressing Red Apple	9 "TACO TUESDAY" Soft Shell Beef Taco Mummy Dog Chicken Caesar Salad with WG Dinner Roll Seasoned Black Beans Baby Carrots with Lite Dressing Chilled Pears	10 Tater Tot Hot Dish with Whole Grain Dinner Roll Breaded Chicken Patty on WG Bun *Ham and Turkey Chef Salad with WG Dinner Roll Seasoned Carrots Broccoli Florets with Lite Dressing Chilled Applesauce	11 Turkey Macho Nachos Boneless Chicken Wings Crispy Chicken Caesar Wrap Seasoned Peas Caesar Side Salad Chilled Peaches	12 Tony's Cheese Pizza WG Rotini Pasta with Italian Meat sauce Mixed Green Salad with Cheese and WG Breadstick Baked Sweet Potato Tots Baby Carrots with Lite Dressing Chilled Mixed Fruit
15 Whole Grain Chicken Nuggets with WG Dinner Roll *BBQ Riblet on Whole Grain Bun Chicken Caesar Salad with WG Dinner Roll Mashed Potatoes w/Gravy Baby Carrots with Lite Dressing Chilled Peaches	16 "TACO TUESDAY" Soft Shell Beef Taco Hamburger on WG Bun Double Cheese Chef Salad with WG Dinner Roll Steamed Corn Broccoli Florets with Lite Dressing Chilled Applesauce	17 Breaded Chicken Patty on WG Bun Cheese Quesadilla with Salsa *Ham and Turkey Chef Salad with WG Dinner Roll Seasoned Refried Beans Sweet Corn Salad with Ranch Chilled Pears	18 *"Breakfast for Lunch" Pancake and Sausage on a Stick Sloppy Joe on Whole Grain Bun Turkey and Cheese on Whole Grain Bread Baked Tater Tots Caesar Side Salad, Grape Tomatoes Chilled Blueberries	19 NO SCHOOL
22 Toasted Cheese Sandwich Hamburger on a WG Bun Chicken Caesar Salad with WG Dinner Roll Tomato Soup Broccoli Florets with Lite Dressing Chilled Peaches	23 "TACO TUESDAY" Soft Shell Beef Taco Whole Grain Turkey Corn Dogs Turkey and Cheese on Whole Grain Bread Seasoned Refried Beans Romaine Side Salad w/Cherry Tomatoes Banana	24 Whole Grain Popcorn Chicken with WG Biscuit BBQ Chicken Sandwich on WG Bun Mixed Greens with Cheese and WG Dinner Roll Mashed Potatoes w/Gravy Celery Sticks with Lite Dressing Cinnamon Apple Slices	25 Cheese Quesadilla w/Salsa "Fun Lunch" Yogurt and Graham Cracker * Ham and Turkey Chef Salad with WG Dinner Roll Caesar Side Salad Sliced Cucumbers with Lite Dressing Chilled Pears and Blueberries	26 Tony's Whole Grain Cheese Pizza Macaroni and Cheese with WG Dinner Roll Crispy Chicken Salad with Cheese and WG Dinner Roll Seasoned Peas Baby Carrots with Lite Dressing Chilled Mixed Fruit
29 *Whole Grain Pasta Bake with Pepperoni and WG Dinner Roll Breaded Chicken Patty on WG Bun Double Cheese Chef Salad with WG Breadstick Baked Beans Broccoli Florets w/ Lite Dressing Chilled Pears	30 "TACO TUESDAY" Soft Shell Beef Taco Whole Grain Chicken Nuggets with WG Dinner Roll Crispy Chicken Salad with Cheese and WG Dinner Roll Seasoned Green Beans Marinated Tomato and Cucumber Salad Chilled Pineapple Tidbits	FOOD FOCUS GARDEN VEGETABLES: -All vegetables can be grown in the garden, but some are easier to grow than others. Garden vegetables that are fun to grow (and eat!) include string beans, leafy greens, tomatoes, squash (summer and winter squash), cucumbers, and potatoes (white and sweet). -Vegetable gardens can be planted anywhere, but they need three main things to grow: lots of sunlight, water and good soil. -If you try a vegetable and don't like how it tastes, try it again later, make in a different way - sometimes it takes a few tries to like a new food.		

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.

Food Service Director- Deanne Kania