





SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU April 1 - 5, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
SIZZLE				
 General Tso's Chicken over Brown Rice	 PASTA" WG Penne Pasta with Italian Meat Sauce	Fish Sticks with Homemade Tarter Sauce and WG Dinner Roll	Roasted Turkey with Gravy, WG Stuffing, WG Dinner Roll	Toasty Cheese Sandwich with Tomato Soup
Seasoned Peas	Orange Glazed Carrots	Baked Crinkle Fries	Mashed Potatoes	Green Beans
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	BBQ Chicken 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 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				
 Corn & Pepper Salad Baby Carrots with Lite Dressing Fresh Whole Fruit Chilled Fruit	Romaine Side Salad with Lite Dressing Black Beans Fresh Whole Fruit Chilled Fruit	Marinated Tomato & Cucumber Salad Celery with Lite Dressing Fresh Whole Fruit Chilled Fruit	Caesar Side Salad Sliced Cucumbers with Lite Dressing Fresh Whole Fruit Chilled Fruit	Broccoli Ranch Salad with Carrots Baby Carrots with Lite Dressing Fresh Whole Fruit Chilled Fruit

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).

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