



SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU April 15 - 19, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
SIZZLE					
	Mini Turkey Corn Dogs	 PASTA" WG Penne Pasta with Chicken and Alfredo Sauce	Swedish Meatballs with Mashed Potatoes and WG Dinner Roll	The Perfect Sloppy Joe on a WG Bun	NO SCHOOL
	Seasoned Potato Wedges	Seasoned Broccoli	Seasoned Corn	Baked Beans	
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	BBQ Chicken Pizza	*Hawaiian Pizza	
	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	
	*Pepperoni Pizza	*Pepperoni Pizza	*Pepperoni 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	
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					
	Broccoli Ranch Salad with Carrots	Romaine Side Salad	Pickled Beet Salad	Romaine Side Salad, Power Peas	
	Baby Carrots with Lite Dressing	Grape Tomatoes with Lite Dressing	Sliced Cucumbers with Lite Dressing	Asian Pinto Beans Salad	
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	

FOOD FOCUS:

Garden Vegetables
-If you try a vegetable and don't like how it tastes, try it again later, made in a different way- sometimes it takes a few tries to like a new food.

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



* items may contain pork