



SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU April 22 - 26, 2019

Monday Tuesday Wednesday Thursday Friday

SIZZLE



Chicken Nuggets with Gravy and WG Dinner Roll	Tater Tot Hot Dish with WG Biscuit	Toasty Dog	Hot Ham & 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
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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	Veggie Pizza Cheese Pizza *Pepperoni Pizza
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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
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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 & Cheddar Chef Salad	Crispy Chicken Caesar Salad
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Whole Grain Dinner Rolls available with Salads

ADD ONS



Confetti Coleslaw	Romaine Side Salad, Garbanzo Beans	Pickled Beet Salad	Caesar 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 Pepper Strips 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 Strawberries	Fresh Whole Fruit Chilled Fruit

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



* items may contain pork