





SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU April 30 - May 3, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
SIZZLE				
 General Tso's Chicken over Brown Rice	 PASTA" WG Penne Pasta with Italian Meat Sauce	Mr. Rib BBQ Sandwich on a Whole Grain Bun	Roasted Turkey with Gravy, WG Sruffing, WG Dinner Roll	Cheesy Chicken Casserole with Brown Rice with WG Dinner Roll
Seasoned Peas	Orange Glazed Carrots	Baked Crinkle Fries	Mashed Potato	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 Cheese Chef Salad Chicken Popper Salad	Turkey Chef Salad Chicken Caesar Salad	*Ham and Cheese 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				
 Pickled Beet Salad Baby Carrots with Lite Dressing Fresh Whole Fruit Chilled Fruit	Romaine Side Salad with Lite Dressing Seasoned Black Beans Fresh Whole Fruit Chilled Fruit	Broccoli Ranch Salad with Carrots Marinated Cucumbers Fresh Whole Fruit Chilled Fruit	Caesar Side Salad Power Peas, Asian Pinto Bean Salad Fresh Whole Fruit Chilled Fruit	Sweet Corn Salad w/ Ranch Dressing Baby Carrots with Lite Dressing Fresh Whole Fruit Chilled Fruit

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

USDA is a Equal Opportunity provider and employer

Food Service Director-Deanne Kania

Milk 1/2 nt \$.40



* items may contain pork