




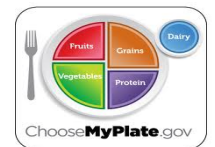
SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU April 8 - 12, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
SIZZLE					
	Boneless Chicken Wings, Mojo BBQ Sauce and Whole Grain Dinner Roll	*BBQ Pulled Pork on a Whole Grain Bun	Macaroni and Cheese with WG Dinner Roll	WG French Toast, Turkey Sausage. WG Cinnamon Graham Crackers, Syrup	WG Cheese Stuffed Breadsticks with Marinara Sauce
	Seasoned Peas	Tater Tots	Seasoned Broccoli	Hash Brown Patty	Green Beans
BAKE					
	Breaded Spicy Chicken Patty Cheeseburger	Breaded Chicken Patty Hamburger	Sandwiches served on Whole Grain Buns		Breaded Spicy Chicken Patty Cheeseburger
			Breaded Spicy Chicken Patty Cheeseburger	Breaded Chicken Patty Hamburger	Breaded Spicy Chicken Patty Cheeseburger
TAKE					
	*Sausage Pizza Cheese Pizza *Pepperoni Pizza	Meatball Pizza Cheese Pizza *Pepperoni Pizza	Pizza is prepared on Whole Grain Pizza Crusts		*Hawaiian Pizza Cheese Pizza *Pepperoni Pizza
			BBQ Chicken Pizza Cheese Pizza *Pepperoni Pizza		Garlic Chicken Pizza Cheese Pizza *Pepperoni Pizza
			Crushed Red Peppers available		
CASA AMIGOS					
	Chicken OR Beef Nachos with Brown Rice	Chicken OR Beef Taco Salad with Tortilla Chips and Brown Rice	Chicken OR Beef Tacos with Seasoned Black Beans	Chicken OR Beef Taco Salad with Tortilla Chips and Brown Rice	Chicken OR Beef Nachos with Brown Rice
			Southwest Ranch Dressing Available		
OUTTAKES					
	*Ham and Cheddar Chef Salad Buffalo 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					
	Sweet Corn & Pepper Salad Baby Carrots w/ Lite Dressing Fresh Whole Fruit Chilled Fruit	Romaine Side Salad, Cherry Tomatoes Red Bell Pepper Strips with Lite Dressing Fresh Whole Fruit Chilled Fruit	Marinated Tomato & Cucumber Salad Garbanzo Beans Fresh Whole Fruit Chilled Fruit	Jicama Sticks with Lite Dressing Broccoli Florets with Lite Dressing Fresh Whole Fruit Chilled Fruit	Confetti Coleslaw Celery with Lite Dressing Fresh Whole Fruit Chilled Fruit

FOOD FOCUS:
Garden Vegetables
 -Vegetable gardens can be planted anywhere, but they need three main things to grow: lots of sunlight, water and good soil.

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 pt. \$.40



* items may contain pork