



Sauk Rapids-Rice Elementary Lunch Menu

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
FOOD FOCUS: Berries		1	2	3
<p>-Berries get their color from phytochemicals.</p> <p>-Berries can be frozen or fresh, so you can enjoy them year-round</p> <p>Strawberries are the only fruit that have their seeds on the outside, rather than the inside</p> <p>the fruit. On average, each strawberry has 200 seeds</p>		<p>"Breakfast for Lunch" WG French Toast with String Cheese and Syrup</p> <p>Hamburger on a Whole Grain Bun</p> <p>Mixed Green Salad with Cheese and WG Breadstick</p> <p>Tater Tots</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Blueberries</p>	<p>Cheese Stuffed Breadsticks with Marinara Sauce</p> <p>Turkey and Cheese on Whole Grain Bread</p> <p>*Ham and Turkey Chef Salad with WG Breadstick</p> <p>Seasoned Broccoli Florets</p> <p>Caesar Side Salad</p> <p>Chilled Peaches</p>	<p>Roast Turkey in Gravy with WG Stuffing and WG Dinner Roll</p> <p>"Fun Lunch" Sunbutter and WG Pretzels</p> <p>Egg and Cheddar Chef Salad with WG Dinner Roll</p> <p>Mashed Potatoes</p> <p>Green Pepper Strips with Lite Dressing</p> <p>Chilled Mixed Fruit</p>
6	7	8	9	10
<p>Cheesburger on Whole Grain Bun</p> <p>WG Fish Sticks with Tarter Sauce and WG Dinner Roll</p> <p>Turkey Cheese Wrap</p> <p>Baked Crinkle Fries</p> <p>Celery Sticks with Lite Dressing</p> <p>Red Apple</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco</p> <p>Beef Hot Dog on a Whole Grain Bun</p> <p>Chicken Caesar Salad with WG Dinner Roll</p> <p>Seasoned Black Beans</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Pears</p>	<p>Tater Tot Hot Dish with Whole Grain Dinner Roll</p> <p>Breaded Chicken Patty on Whole Grain Bun</p> <p>*Ham and Turkey Chef Salad with WG Dinner Roll</p> <p>Seasoned Carrots</p> <p>Broccoli Florets with Lite Dressing</p> <p>Chilled Applesauce</p>	<p>Turkey Macho Nacho</p> <p>Boneless Chicken Wings</p> <p>Crispy Chicken Caesar Wrap</p> <p>Seasoned Peas</p> <p>Caesar Side Salad</p> <p>Chilled Peaches</p>	<p>Tony's Whole Grain Cheese Pizza</p> <p>WG Rotini Pasta with Italian Meat Sauce</p> <p>Mixed Green Salad with Cheese and WG Breadstick</p> <p>Baked Sweet Potato Tots</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Mixed Fruit</p>
13	14	15	16	17
<p>Whole Grain Chicken Nuggets with WG Dinner Roll</p> <p>*BBQ Riblet on Whole Grain Bun</p> <p>Turkey & Cheese Wrap</p> <p>Mashed Potatoes w/Gravy</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Peaches</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco</p> <p>Hamburger on a Whole Grain Bun</p> <p>Double Cheese Chef Salad with WG Dinner Roll</p> <p>Steamed Corn</p> <p>Broccoli Florets with Lite Dressing</p> <p>Chilled Applesauce</p>	<p>Breaded Chicken Patty on a Whole Grain Bun</p> <p>Cheese Quesadilla with Salsa</p> <p>*Ham and Turkey Chef Salad with Dinner Rolls</p> <p>Seasoned Refried Beans</p> <p>Sweet Corn Salad with Lite Ranch</p> <p>Chilled Pears</p>	<p>"Breakfast for Lunch" Pancake on a Stick</p> <p>Sloppy Joe on Whole Grain Bun</p> <p>Turkey and Cheese on Whole Grain Bread</p> <p>Tater Tots</p> <p>Caesar Side Salad with Grape Tomatoes</p> <p>Chilled Blueberries</p>	<p>Tony's Whole Grain Cheese Pizza</p> <p>Beef Hot Dog on Whole Grain Bun</p> <p>Mixed Greens Salad with Cheese and WG Dinner Roll</p> <p>Seasoned Green Beans</p> <p>Sliced Cucumbers with Lite Dressing</p> <p>Chilled Mixed Fruit</p>
20	21	22	23	24
<p>Toasted Cheese Sandwich</p> <p>Hamburger on Whole Grain Bun</p> <p>Chicken Caesar Salad with WG Dinner Roll</p> <p>Tomato Soup</p> <p>Broccoli Florets with Lite Dressing</p> <p>Chilled Peaches</p>	<p>"TACO TUESDAY" Soft Shell Beef Taco</p> <p>Whole Grain Mini Turkey Corn Dogs</p> <p>Turkey and Cheese on Whole Grain Bread</p> <p>Seasoned Refried Beans</p> <p>Romaine Side Salad w/Cherry Tomatoes</p> <p>Banana</p>	<p>Whole Grain Popcorn Chicken with WG Biscuit</p> <p>BBQ Chicken Sandwich on Whole Grain Bun</p> <p>Mixed Greens with Cheese and WG Dinner Roll</p> <p>Mashed Potatoes w/Gravy</p> <p>Celery Sticks with Lite Dressing</p> <p>Cinnamon Apple Slices</p>	<p>Cheese Quesadilla, Salsa</p> <p>"Fun Lunch" Yogurt and Graham Cracker</p> <p>*Ham and Turkey Chef Salad with WG Dinner Roll</p> <p>Caesar Side Salad</p> <p>Sliced Cucumbers with Lite Dressing</p> <p>Chilled Strawberries</p>	<p>Tony's Whole Grain Cheese Pizza</p> <p>Macaroni and Cheese with WG Dinner Roll</p> <p>Crispy Chicken Salad with Cheese and WG Dinner Roll</p> <p>Seasoned Peas</p> <p>Baby Carrots with Lite Dressing</p> <p>Chilled Mixed Fruit</p>
27	28	29	30	31
<p>NO SCHOOL</p>	<p>Whole Grain Mini Turkey Corn Dogs</p> <p>Manager's Choice</p> <p>Assorted Vegetables</p> <p>Assorted Fruits</p>	<p>Hamburger on Whole Grain Bun</p> <p>Manager's Choice</p> <p>Assorted Vegetables</p> <p>Assorted Fruits</p>	<p>Breaded Chicken Patty on Whole Grain Bun</p> <p>Manager's Choice</p> <p>Assorted Vegetables</p> <p>Assorted Fruit</p>	<p>Manager's Choice</p>

Milk... Skim, 1% and Chocolate Skim available daily

Lactose Free milk is available upon written request

Student Lunch \$2.55
 Reduced Lunch Price \$.00
 Adult Lunch \$3.85
 Milk 1/2 pt. \$.40



* items may contain pork

Menu Subject to Change Without Notice. Questions or Comments? Contact Dining Services At 320-253-3628

This institution is an equal opportunity provider.

Food Service Director- Shelli Graham