



SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU May 20 - 24, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
SIZZLE				
 WG Chicken Nuggets with Whole Grain Dinner Roll	Tater Tot Hot dish with Whole Grain Biscuit	Toasty Dog	Hot Ham and Cheese on Whole Grain Bun	Cheese Dunkers with Pizza Sauce
Mashed Potatoes with Gravy	Seasoned Peas	Baked French Fries	Baked Beans	Seasoned Sweet 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
TAKE				
Pizza is prepared on Whole Grain Pizza Crusts				
 *Sausage Pizza Cheese Pizza *Pepperoni Pizza	BBQ Chicken Pizza Cheese Pizza *Pepperoni Pizza	*Sausage Pizza Cheese Pizza *Pepperoni Pizza	*Hawaiian Pizza Cheese Pizza *Pepperoni Pizza	Veggie 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 Black Beans	Chicken OR Beef Taco Salad with Tortilla Chips and Brown Rice	Chicken OR Beef Nachos with Brown Rice
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 & Cheddar Chef Salad	Crispy Chicken Caesar Salad
Whole Grain Dinner Rolls available with Salads				
ADD ONS				
 Confetti Cole Slaw	Romaine Side Salad, Garbanzo Bean	Pickle Beet Salad	Caesar Side Salad, Grape Tomatoes	Broccoli Ranch Salad with Raisins
Baby Carrots w/ Lite Dressing	Sliced Cucumbers with Lite Dressing	Baby Carrots with Lite Dressing	Red Bell Pepper Strips w/ Lite Dressing	Jicama or Radish with Lite Dressing
Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit

FOOD FOCUS:

Berries
-Berries get their color from phytochemicals. Berries can be frozen or fresh, so you can enjoy them year-round.

Student Lunch \$2.80

Reduced Lunch Price \$.00

Adult Lunch \$3.85

Milk 1/2 pt. \$.40

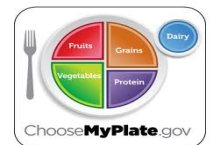
Skim, 1% and Chocolate Skim served daily

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