



SAUK RAPIDS-RICE MIDDLE SCHOOL: LUNCH MENU May 6 - 10, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	SIZZLE				
	Boneless Chicken Wings, Mojo BBQ Sauce and Whole Grain Dinner Roll	BBQ Pulled Pork on Whole Grain Bun	Macaroni & Cheese with WG Dinner Roll	Whole Grain French Sticks with Turkey Sausage and Syrup, Cinnamon Goldfish Crackers and String Cheese	Stuffed Cheese Breadsticks with Marinara Sauce
	Seasoned Peas	Tater Tots	Seasoned Broccoli	Hash Brown Patty	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	Meatball 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 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				
	Sweet Corn Pepper Salad	Romaine Side Salad, Grape Tomatoes	Marinated Tomato & Cucumber Salad	Jicama Sticks with Lite Dressing	Confetti Cole Slaw
	Baby Carrots with Lite Dressing	Sliced Red Pepper Strips with Lite Ranch	Garbanzo Beans	Broccoli Florets with Lite Dressing	Celery Sticks with Lite Dressing
	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Fruit	Fresh Whole Fruit Chilled Blueberries	Fresh Whole Fruit Chilled Fruit

FOOD FOCUS:

Berries
-Strawberries are the only fruit that have their seeds on the outside, rather than inside the fruit. On average, each strawberry has 200 seeds!

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
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Food Service Director - Deanne Kania

Milk 1/2 pt. \$.40

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* items may contain pork