

Bemidji Food Service

MAY

Apr 26, 2018

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S. H. EXPRESS SALADS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| | May - 1 MIXED SALAD GREENS ONIONS,RED,RAW ROMAINE SPINACH PEPPERS,SWEET,GREEN, RAW PEPPERS,SWEET,RED,RA W TRI-COLOR ROTINI CHICKEN FAJITA STRIPS GRAPES,Fresh CRAISINS SHREDDED CHEDDAR CHEESE CROUTONS WHOLE GRAIN DINNER ROLL HONEY DRESSING SALAD DRESSING,Assorted FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE MEDITERRANEAN QUINOA SHAK | May - 2 MIXED SALAD GREENS PEPPERS,SWEET,GREEN, RAW CHERRY TOMATOES HARD BOILED EGG DELI HAM DELI TURKEY SHREDDED CHEDDAR CHEESE CHICKEN FAJITA STRIPS MANDARIN ORANGES WHOLE GRAIN DINNER ROLL CRAISINS FRUIT CHOICES ORANGE CREAM DRESSING MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE BUFFALO CHICKEN & WHITE BAR | May - 3 MIXED SALAD GREENS ORIENTAL BLEND SALAD PEPPERS,SWEET,GREEN, RAW PEAS ONIONS,RED,RAW WILD RICE,COOKED MANDARIN ORANGES CHOW MEIN NOODLES CHICKEN FAJITA STRIPS WHOLE GRAIN DINNER ROLL FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE CHEF'S WILD BLEND SHAKER SA | May - 4 MIXED SALAD GREENS PEPPERS,SWEET,RED,RA W SPINACH CHICKEN FAJITA STRIPS MANDARIN ORANGES WHOLE GRAIN DINNER ROLL FRUIT CHOICES HONEY DRESSING MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE BBQ CHICKEN WILD BLEND SHAK |
| May - 7 ROMAINE CHICKEN FAJITA STRIPS CHEESE,PARMESAN,GRA TED CROUTONS CAESAR DRESSING WHOLE GRAIN DINNER ROLL FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE SHAKER SALAD - S. W. BLACK BE | May - 8 MIXED SALAD GREENS ONIONS,RED,RAW ROMAINE SPINACH PEPPERS,SWEET,GREEN, RAW PEPPERS,SWEET,RED,RA W TRI-COLOR ROTINI CHICKEN FAJITA STRIPS GRAPES,Fresh CRAISINS SHREDDED CHEDDAR CHEESE CROUTONS WHOLE GRAIN DINNER ROLL HONEY DRESSING SALAD DRESSING,Assorted FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE MEDITERRANEAN QUINOA SHAK | May - 9 MIXED SALAD GREENS PEPPERS,SWEET,GREEN, RAW CHERRY TOMATOES HARD BOILED EGG DELI HAM DELI TURKEY SHREDDED CHEDDAR CHEESE CHICKEN FAJITA STRIPS MANDARIN ORANGES WHOLE GRAIN DINNER ROLL CRAISINS FRUIT CHOICES ORANGE CREAM DRESSING MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE BUFFALO CHICKEN & WHITE BAR | May - 10 MIXED SALAD GREENS ORIENTAL BLEND SALAD PEPPERS,SWEET,GREEN, RAW PEAS ONIONS,RED,RAW WILD RICE,COOKED MANDARIN ORANGES CHOW MEIN NOODLES CHICKEN FAJITA STRIPS WHOLE GRAIN DINNER ROLL FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE CHEF'S WILD BLEND SHAKER SA | May - 11 MIXED SALAD GREENS PEPPERS,SWEET,RED,RA W SPINACH CHICKEN FAJITA STRIPS MANDARIN ORANGES WHOLE GRAIN DINNER ROLL FRUIT CHOICES HONEY DRESSING MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE BBQ CHICKEN WILD BLEND SHAK |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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S. H. EXPRESS SALADS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| May - 14 ROMAINE CHICKEN FAJITA STRIPS CHEESE, PARMESAN, GRATED CROUTONS CAESAR DRESSING WHOLE GRAIN DINNER ROLL FRUIT CHOICES MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE SHAKER SALAD - S. W. BLACK BE | May - 15 MIXED SALAD GREENS ONIONS, RED, RAW ROMAINE SPINACH PEPPERS, SWEET, GREEN, RAW PEPPERS, SWEET, RED, RAW TRI-COLOR ROTINI CHICKEN FAJITA STRIPS GRAPES, Fresh CRAISINS SHREDDED CHEDDAR CHEESE CROUTONS WHOLE GRAIN DINNER ROLL HONEY DRESSING SALAD DRESSING, Assorted FRUIT CHOICES MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE MEDITERRANEAN QUINOA SHAK | May - 16 MIXED SALAD GREENS PEPPERS, SWEET, GREEN, RAW CHERRY TOMATOES HARD BOILED EGG DELI HAM DELI TURKEY SHREDDED CHEDDAR CHEESE CHICKEN FAJITA STRIPS MANDARIN ORANGES WHOLE GRAIN DINNER ROLL CRAISINS FRUIT CHOICES ORANGE CREAM DRESSING MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE BUFFALO CHICKEN & WHITE BAR | May - 17 MIXED SALAD GREENS ORIENTAL BLEND SALAD PEPPERS, SWEET, GREEN, RAW PEAS ONIONS, RED, RAW WILD RICE, COOKED MANDARIN ORANGES CHOW MEIN NOODLES CHICKEN FAJITA STRIPS WHOLE GRAIN DINNER ROLL FRUIT CHOICES MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE CHEF'S WILD BLEND SHAKER SA | May - 18 MIXED SALAD GREENS PEPPERS, SWEET, RED, RAW SPINACH CHICKEN FAJITA STRIPS MANDARIN ORANGES WHOLE GRAIN DINNER ROLL FRUIT CHOICES HONEY DRESSING MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE BBQ CHICKEN WILD BLEND SHAK |
| May - 21 ROMAINE CHICKEN FAJITA STRIPS CHEESE, PARMESAN, GRATED CROUTONS CAESAR DRESSING WHOLE GRAIN DINNER ROLL FRUIT CHOICES MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE SHAKER SALAD - S. W. BLACK BE | May - 22 MIXED SALAD GREENS ONIONS, RED, RAW ROMAINE SPINACH PEPPERS, SWEET, GREEN, RAW PEPPERS, SWEET, RED, RAW TRI-COLOR ROTINI CHICKEN FAJITA STRIPS GRAPES, Fresh CRAISINS SHREDDED CHEDDAR CHEESE CROUTONS WHOLE GRAIN DINNER ROLL HONEY DRESSING SALAD DRESSING, Assorted FRUIT CHOICES MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE MEDITERRANEAN QUINOA SHAK | May - 23 MIXED SALAD GREENS PEPPERS, SWEET, GREEN, RAW CHERRY TOMATOES HARD BOILED EGG DELI HAM DELI TURKEY SHREDDED CHEDDAR CHEESE CHICKEN FAJITA STRIPS MANDARIN ORANGES WHOLE GRAIN DINNER ROLL CRAISINS FRUIT CHOICES ORANGE CREAM DRESSING MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE BUFFALO CHICKEN & WHITE BAR | May - 24 MIXED SALAD GREENS ORIENTAL BLEND SALAD PEPPERS, SWEET, GREEN, RAW PEAS ONIONS, RED, RAW WILD RICE, COOKED MANDARIN ORANGES CHOW MEIN NOODLES CHICKEN FAJITA STRIPS WHOLE GRAIN DINNER ROLL FRUIT CHOICES MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE CHEF'S WILD BLEND SHAKER SA | May - 25 MIXED SALAD GREENS PEPPERS, SWEET, RED, RAW SPINACH CHICKEN FAJITA STRIPS MANDARIN ORANGES WHOLE GRAIN DINNER ROLL FRUIT CHOICES HONEY DRESSING MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE BBQ CHICKEN WILD BLEND SHAK |

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|--|---|---|-----------------------------------|
| May - 28 NO SCHOOL TODAY | May - 29 MIXED SALAD GREENS ONIONS,RED,RAW ROMAINE SPINACH PEPPERS,SWEET,GREEN, RAW PEPPERS,SWEET,RED,RA W TRI-COLOR ROTINI CHICKEN FAJITA STRIPS GRAPES,Fresh CRAISINS SHREDDED CHEDDAR CHEESE CROUTONS WHOLE GRAIN DINNER ROLL HONEY DRESSING SALAD DRESSING,Assorted FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE MEDITERRANEAN QUINOA SHAK | May - 30 MIXED SALAD GREENS PEPPERS,SWEET,GREEN, RAW CHERRY TOMATOES HARD BOILED EGG DELI HAM DELI TURKEY SHREDDED CHEDDAR CHEESE CHICKEN FAJITA STRIPS MANDARIN ORANGES WHOLE GRAIN DINNER ROLL CRAISINS FRUIT CHOICES ORANGE CREAM DRESSING MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE BUFFALO CHICKEN & WHITE BAR | May - 31 MIXED SALAD GREENS ORIENTAL BLEND SALAD PEPPERS,SWEET,GREEN, RAW PEAS ONIONS,RED,RAW WILD RICE,COOKED MANDARIN ORANGES CHOW MEIN NOODLES CHICKEN FAJITA STRIPS WHOLE GRAIN DINNER ROLL FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE CHEF'S WILD BLEND SHAKER SA | Jun - 1 COOK'S CHOICE MENU |

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