

# Bemidji Food Service

MAY

Apr 26, 2018

## S. H. MENU OF THE DAY

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
	May - 1 WHOLE WHEAT TORTILLA TACO MEAT SHREDDED CHEESE MIX ROMAINE MARINATED BLACK BEAN SALAD SOUR CREAM LITE REFRIED BEANS TORTILLA CHIPS FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 2 GENERAL TSO'S CHICKEN BROWN RICE PILAF SWEET & SOUR SAUCE EGG ROLL STIR FRY VEGETABLES BROCCOLI ORANGE SALAD FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 3 CHICKEN, DICED CHICKEN GRAVY MASHED POTATOES GREEN BEANS CARROT STICKS DIP WHOLE GRAIN DINNER ROLL KIWI FRUIT, fresh FRUIT COCKTAIL MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 4 CHICKEN MEDLEY FRIED RICE ROMAINE GARDEN SALAD RANCH DRESSING EGG ROLL DIPPING SAUCE FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE
May - 7 SHRIMP POPPERS BABY BAKER POTATOES ROASTED VEGETABLES CHEESE STICK WHOLE GRAIN DINNER ROLL FRESH VEGGIES FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 8 WHOLE WHEAT TORTILLA TACO MEAT SHREDDED CHEESE MIX ROMAINE MARINATED BLACK BEAN SALAD SOUR CREAM LITE REFRIED BEANS TORTILLA CHIPS FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 9 CHICKEN NUGGETS SWEET AND SOUR SAUCE BROWN RICE PILAF SWEET & SOUR SAUCE EGG ROLL STIR FRY VEGETABLES BROCCOLI ORANGE SALAD FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 10 CHICKEN POT PIE WG BISCUIT GREEN BEANS FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 11 CORN DOG BAKED BEANS ZUCCHINI CELERY STICKS CARROT STICKS DIP FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK - Variety
May - 14 HOT TURKEY SANDWICH ROMAINE GARDEN SALAD RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 15 WHOLE WHEAT TORTILLA TACO MEAT SHREDDED CHEESE MIX ROMAINE MARINATED BLACK BEAN SALAD SOUR CREAM LITE REFRIED BEANS TORTILLA CHIPS FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 16 GENERAL TSO'S CHICKEN BROWN RICE PILAF SWEET & SOUR SAUCE EGG ROLL STIR FRY VEGETABLES BROCCOLI ORANGE SALAD FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 17 BBQ PORK SANDWICH BAKED BEANS BROCCOLI,raw CAULIFLOWER,raw DIP FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 18 POTATO PUFFS BEEF CRUMBLES CREAM OF CHICKEN SOUP MIXED VEGETABLES BLUEBERRY MUFFIN GARDEN SALAD RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE

\*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.

# Bemidji Food Service

MAY

## S. H. MENU OF THE DAY

Monday	Tuesday	Wednesday	Thursday	Friday
May - 21  PHILLY CHEESE STEAK SANDWI ROMAINE GARDEN SALAD RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 22  WHOLE WHEAT TORTILLA TACO MEAT SHREDDED CHEESE MIX ROMAINE MARINATED BLACK BEAN SALAD SOUR CREAM LITE REFRIED BEANS TORTILLA CHIPS FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 23  CHICKEN TENDERS MAC & CHEESE ROMAINE GARDEN SALAD RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 24  FAJITA CHICKEN & RICE TACOS SHREDDED CHEESE MIX ROMAINE PEPPERS,SWEET,GREEN, RAW PEPPERS,SWEET,RED,RAW BEANS,BLACK,CND,DRND SOUR CREAM LITE SALSA TORTILLA CHIPS FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 25  CHICKEN, DICED CHEESE,PARMESAN,GRATED RICE ROMAINE GARDEN SALAD RANCH DRESSING JICAMA FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE
May - 28  NO SCHOOL TODAY	May - 29  WHOLE WHEAT TORTILLA TACO MEAT SHREDDED CHEESE MIX ROMAINE MARINATED BLACK BEAN SALAD SOUR CREAM LITE REFRIED BEANS TORTILLA CHIPS FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 30  COOK'S CHOICE MENU	May - 31  COOK'S CHOICE MENU	Jun - 1  COOK'S CHOICE MENU

*\*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.*