

# Bemidji Food Service

MAY

## S. H. SOUP, SALAD & SANDWICH COMBO

| Monday  | Tuesday | Wednesday | Thursday  | Friday   |
|---------|---------|-----------|---|--|
|         | May - 1 | May - 2   | May - 3<br>CHEESY CHICKEN<br>TORTILLA SO<br>CRACKERS<br>WHOLE GRAIN BREAD<br>WHOLE GRAIN SQUARE<br>CROISS<br>DELI HAM<br>DELI TURKEY<br>CHICKEN SALAD<br>W/ALMONDS<br>AMERICAN CHEESE SLICE<br>MAYONNAISE LIGHT<br>MUSTARD<br>TOMATO SLICE<br>ROMAINE<br>FRESH VEGGIES<br>FRUIT CHOICES<br>MILK, 1% Lowfat<br>MILK, Skim<br>MILK, SKIM CHOCOLATE  | May - 4<br>WILD RICE SOUP<br>CHEESY BROCCOLI SOUP<br>CRACKERS<br>WHOLE GRAIN BREAD<br>WHOLE GRAIN SQUARE<br>CROISS<br>DELI HAM<br>DELI TURKEY<br>CHICKEN SALAD<br>W/ALMONDS<br>AMERICAN CHEESE SLICE<br>MAYONNAISE LIGHT<br>MUSTARD<br>TOMATO SLICE<br>ROMAINE<br>FRESH VEGGIES<br>FRUIT CHOICES<br>MILK, 1% Lowfat<br>MILK, Skim<br>MILK, SKIM CHOCOLATE      |
| May - 7 | May - 8 | May - 9   | May - 10<br>CHEESY CHICKEN<br>TORTILLA SO<br>CRACKERS<br>WHOLE GRAIN BREAD<br>WHOLE GRAIN SQUARE<br>CROISS<br>DELI HAM<br>DELI TURKEY<br>CHICKEN SALAD<br>W/ALMONDS<br>AMERICAN CHEESE SLICE<br>MAYONNAISE LIGHT<br>MUSTARD<br>TOMATO SLICE<br>ROMAINE<br>FRESH VEGGIES<br>FRUIT CHOICES<br>MILK, 1% Lowfat<br>MILK, Skim<br>MILK, SKIM CHOCOLATE | May - 11<br>WILD RICE SOUP<br>CHICKEN DUMPLING<br>SOUP<br>CRACKERS<br>WHOLE GRAIN BREAD<br>WHOLE GRAIN SQUARE<br>CROISS<br>DELI HAM<br>DELI TURKEY<br>CHICKEN SALAD<br>W/ALMONDS<br>AMERICAN CHEESE SLICE<br>MAYONNAISE LIGHT<br>MUSTARD<br>TOMATO SLICE<br>ROMAINE<br>FRESH VEGGIES<br>FRUIT CHOICES<br>MILK, 1% Lowfat<br>MILK, Skim<br>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

Apr 26, 2018

## S. H. SOUP, SALAD & SANDWICH COMBO

| Monday   | Tuesday  | Wednesday | Thursday  | Friday   |
|----------|----------|-----------|---|--|
| May - 14 | May - 15 | May - 16  | May - 17<br>CHEESY CHICKEN<br>TORTILLA SO<br>CRACKERS<br>WHOLE GRAIN BREAD<br>WHOLE GRAIN SQUARE<br>CROISS<br>DELI HAM<br>DELI TURKEY<br>CHICKEN SALAD<br>W/ALMONDS<br>AMERICAN CHEESE SLICE<br>MAYONNAISE LIGHT<br>MUSTARD<br>TOMATO SLICE<br>ROMAINE<br>FRESH VEGGIES<br>FRUIT CHOICES<br>MILK, 1% Lowfat<br>MILK, Skim<br>MILK, SKIM CHOCOLATE | May - 18<br>WILD RICE SOUP<br>CHEESY BROCCOLI SOUP<br>CRACKERS<br>WHOLE GRAIN BREAD<br>WHOLE GRAIN SQUARE<br>CROISS<br>DELI HAM<br>DELI TURKEY<br>CHICKEN SALAD<br>W/ALMONDS<br>AMERICAN CHEESE SLICE<br>MAYONNAISE LIGHT<br>MUSTARD<br>TOMATO SLICE<br>ROMAINE<br>FRESH VEGGIES<br>FRUIT CHOICES<br>MILK, 1% Lowfat<br>MILK, Skim<br>MILK, SKIM CHOCOLATE |
| May - 21 | May - 22 | May - 23  | May - 24<br>CHEESY CHICKEN<br>TORTILLA SO<br>CRACKERS<br>WHOLE GRAIN BREAD<br>WHOLE GRAIN SQUARE<br>CROISS<br>DELI HAM<br>DELI TURKEY<br>CHICKEN SALAD<br>W/ALMONDS<br>AMERICAN CHEESE SLICE<br>MAYONNAISE LIGHT<br>MUSTARD<br>TOMATO SLICE<br>ROMAINE<br>FRESH VEGGIES<br>FRUIT CHOICES<br>MILK, 1% Lowfat<br>MILK, Skim<br>MILK, SKIM CHOCOLATE | May - 25<br>WILD RICE SOUP<br>CHEESY BROCCOLI SOUP<br>CRACKERS<br>WHOLE GRAIN BREAD<br>WHOLE GRAIN SQUARE<br>CROISS<br>DELI HAM<br>DELI TURKEY<br>CHICKEN SALAD<br>W/ALMONDS<br>AMERICAN CHEESE SLICE<br>MAYONNAISE LIGHT<br>MUSTARD<br>TOMATO SLICE<br>ROMAINE<br>FRESH VEGGIES<br>FRUIT CHOICES<br>MILK, 1% Lowfat<br>MILK, Skim<br>MILK, SKIM CHOCOLATE |
| May - 28 | May - 29 | May - 30  | May - 31<br>COOK'S CHOICE MENU  | Jun - 1<br>COOK'S CHOICE MENU  |

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