## Bemidji Food Service

Page 1

## M. S. BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	May - 1	May - 2	May - 3	May - 4
	BREAKFAST PIZZA FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	WHOLE GRAIN CEREAL YOGURT FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	FRUIT & YOGURT PARFAIT W/ GA GOLDFISH GRAHAM FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	PLAIN BAGEL TURKEY SAUSAGE PATTY AMERICAN CHEESE SLICE FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE
May - 7	May - 8	May - 9	May - 10	May - 11
WG BISCUIT EGG PATTY AMERICAN CHEESE SLICE FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	WG FRENCH TOAST STICKS SYRUP FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	WHOLE GRAIN CEREAL NUTRI-GRAIN BAR FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	EGG & CHEESE OMELET FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	PLAIN BAGEL TURKEY SAUSAGE PATTY AMERICAN CHEESE SLICE FRUIT JUICE, ASSORTED FRUIT CHOICES MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE
May - 14	May - 15	May - 16	May - 17	May - 18
WG BISCUIT EGG PATTY AMERICAN CHEESE SLICE FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	EGG & CHEESE WRAP SALSA FRUIT CHOICES MILK,1% Lowfat MILK,Skim	WHOLE GRAIN CEREAL CHEESE STICK FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	PANCAKES SYRUP FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim	PLAIN BAGEL TURKEY SAUSAGE PATTY AMERICAN CHEESE SLICE FRUIT JUICE, ASSORTED FRUIT CHOICES MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE
May - 21	May - 22	May - 23	May - 24	May - 25
WG BISCUIT EGG PATTY AMERICAN CHEESE SLICE FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	WHOLE GRAIN CINNAMON ROLL YOGURT FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	WHOLE GRAIN CEREAL YOGURT FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	COOK'S CHOICE MENU	PLAIN BAGEL TURKEY SAUSAGE PATTY AMERICAN CHEESE SLICE FRUIT JUICE, ASSORTED FRUIT CHOICES MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE
May - 28	May - 29	May - 30	May - 31	Jun - 1
NO SCHOOL TODAY	COOK'S CHOICE MENU	WHOLE GRAIN CEREAL CHEESE STICK FRUIT JUICE,ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	COOK'S CHOICE MENU	COOK'S CHOICE MENU

<sup>\*</sup>N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data.