

# May 2018

## Bemidji Area Schools - Elementary

### LUNCH



**School Information: Price \$2.35**  
**MILK CHOICE:**  
**1%, SKIM, CHOCOLATE SKIM**



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Sloppy Joe on a WG Bun  
Baby Baker Potatoes  
Garden Salad w/ Dressing  
Fruit Choice

7

Chicken Fajitas  
Cheese, Tomato, Peppers  
Spanish Rice  
Black Bean Salsa  
Fruit Choice

8

WG Pepperoni Pizza  
Roasted Vegetables  
Fresh Veggies w/ Dip  
Fruit Choice

9

Chicken Tender Wrap  
Romaine, Tomato Slice  
Shredded Cheese  
Sweet Potato Fries  
Fruit Choice

10

COOK'S CHOICE MENU

11

Mini Corn Dog  
Baked Beans  
Fresh Veggies w/ Dip  
Fruit Choice

14

Beef Nachos w/ Cheese  
Black Bean Salsa  
Romaine, Tomatoes  
Fruit Choice

15

Roast Pork Sandwich  
Potato Smiles  
Garden Salad w/ Dressing  
Fruit Choice

16

WG Penne Pasta  
Creamy Chicken Alfredo  
WG Stuffed Mozzarella Stick  
Garden Salad w/ Dressing  
Fruit Choice

17

COOK'S CHOICE MENU

18

Meat Loaf  
Mashed Potatoes  
WG Dinner Roll  
Fresh Veggies w/ Dip  
Fruit Choice

21

Chicken Taco w/ Cheese  
Romaine, Tomatoes  
Black Bean Salsa  
Tortilla Chips  
Fruit Choice

22

Maxx Sticks  
Marinara Sauce  
Whole Kernel Corn  
Garden Salad w/ Dressing  
Fruit Choice

23

Build a Burger  
American Cheese Slice  
Romaine, Tomato Slice  
Crispy Potato Wedges  
Fruit Choice

24

COOK'S CHOICE MENU

25

NO SCHOOL TODAY

28

Beef Taco w/ Cheese  
Romaine, Tomatoes  
Black Bean Salsa  
Tortilla Chips  
Fruit Choice

29

COOK'S CHOICE MENU

30

COOK'S CHOICE MENU

31

