

# Bemidji Food Service

MAY

## S. H. LUMBERJACK GRILL

Monday	Tuesday	Wednesday	Thursday	Friday
	May - 1 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE GRILLED VEGGIE- TURKEY SAND FAJITA CHICKEN BREAST ONIONS,RED,RAW BARBECUE SAUCE	May - 2 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE BARBECUED CHICKEN ONIONS,RED,RAW BARBECUE SAUCE	May - 3 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE SPICY CHICKEN BREAST ONIONS,RED,RAW BARBECUE SAUCE	May - 4 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE WHOLE WHEAT TORTILLA CHICKEN TENDERS
May - 7 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE BAKED SOUTHWEST SANDWICH ONIONS,RED,RAW BARBECUE SAUCE TOMATO SLICE BBQ RIB	May - 8 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE GRILLED VEGGIE- TURKEY SAND FAJITA CHICKEN BREAST ONIONS,RED,RAW BARBECUE SAUCE	May - 9 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE BARBECUED CHICKEN ONIONS,RED,RAW BARBECUE SAUCE	May - 10 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE SPICY CHICKEN BREAST ONIONS,RED,RAW BARBECUE SAUCE	May - 11 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE WHOLE WHEAT TORTILLA CHICKEN TENDERS

\*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. LUMBERJACK GRILL

Monday	Tuesday	Wednesday	Thursday	Friday
May - 14 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE BAKED SOUTHWEST SANDWICH ONIONS,RED,RAW BARBECUE SAUCE TOMATO SLICE BBQ RIB	May - 15 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE GRILLED VEGGIE- TURKEY SAND FAJITA CHICKEN BREAST ONIONS,RED,RAW BARBECUE SAUCE	May - 16 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE BARBECUED CHICKEN ONIONS,RED,RAW BARBECUE SAUCE	May - 17 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE SPICY CHICKEN BREAST ONIONS,RED,RAW BARBECUE SAUCE	May - 18 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE WHOLE WHEAT TORTILLA CHICKEN TENDERS
May - 21 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE BAKED SOUTHWEST SANDWICH ONIONS,RED,RAW BARBECUE SAUCE TOMATO SLICE BBQ RIB	May - 22 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE GRILLED VEGGIE- TURKEY SAND FAJITA CHICKEN BREAST ONIONS,RED,RAW BARBECUE SAUCE	May - 23 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE BARBECUED CHICKEN ONIONS,RED,RAW BARBECUE SAUCE	May - 24 HAMBURGER PATTY WHOLE GRAIN HAMBURGER BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE VEGGIE SANDWICH TOPPER FRENCH FRIES KETCHUP MUSTARD FRESH VEGGIES RANCH DRESSING FF FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE SPICY CHICKEN BREAST ONIONS,RED,RAW BARBECUE SAUCE	May - 25 NO SCHOOL TODAY
May - 28 NO SCHOOL TODAY	May - 29 COOK'S CHOICE MENU	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.