

Bemidji Food Service
MAY
SOUP, SALAD, SAND COMBO
M. S. SOUP & SALAD

Apr 26, 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| | May - 1 TACO MEAT SHREDDED CHEDDAR CHEESE REFRIED VEGETARIAN BEANS ROMAINE TOMATO SLICE SALSA BEANS,BLACK,CND,DRND SOUR CREAM LITE TORTILLA CHIPS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 2 WHOLE GRAIN BREAD DELI TURKEY DELI HAM AMERICAN CHEESE SLICE SWISS AMERICAN CHEESE WHOLE GRAIN SQUARE CROISS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE TUNA SALAD SANDWICH EGG SALAD SANDWICH | May - 3 WILD RICE SOUP CRACKERS ROMAINE ASPARAGUS CHERRY TOMATOES BEANS,BLACK,CND,DRND BROCCOLI,raw CARROT STICKS CAULIFLOWER,raw CUCUMBER,RAW JICAMA PEAS PEPPERS,SWEET,GREEN, RAW PEPPERS,SWEET,RED,RA W RADISHES RED CABBAGE SPINACH TOMATO SLICE SHREDDED CARROTS ZUCCHINI SHREDDED CHEESE MIX FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 4 TACO MEAT SHREDDED CHEDDAR CHEESE REFRIED VEGETARIAN BEANS ROMAINE TOMATO SLICE SALSA BEANS,BLACK,CND,DRND SOUR CREAM LITE TORTILLA CHIPS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE |
| May - 7 CHICKEN DUMPLING SOUP CRACKERS ROMAINE ASPARAGUS CHERRY TOMATOES BEANS,BLACK,CND,DRND BROCCOLI,raw CARROT STICKS CAULIFLOWER,raw CUCUMBER,RAW JICAMA PEAS PEPPERS,SWEET,GREEN, RAW PEPPERS,SWEET,RED,RA W RADISHES RED CABBAGE SPINACH TOMATO SLICE SHREDDED CARROTS ZUCCHINI FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 8 TACO MEAT SHREDDED CHEDDAR CHEESE REFRIED VEGETARIAN BEANS ROMAINE TOMATO SLICE SALSA BEANS,BLACK,CND,DRND SOUR CREAM LITE TORTILLA CHIPS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 9 WHOLE GRAIN BREAD DELI TURKEY DELI HAM AMERICAN CHEESE SLICE SWISS AMERICAN CHEESE WHOLE GRAIN SQUARE CROISS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE TUNA SALAD SANDWICH EGG SALAD SANDWICH | May - 10 WILD RICE SOUP CRACKERS ROMAINE ASPARAGUS CHERRY TOMATOES BEANS,BLACK,CND,DRND BROCCOLI,raw CARROT STICKS CAULIFLOWER,raw CUCUMBER,RAW JICAMA PEAS PEPPERS,SWEET,GREEN, RAW PEPPERS,SWEET,RED,RA W RADISHES RED CABBAGE SPINACH TOMATO SLICE SHREDDED CARROTS ZUCCHINI SHREDDED CHEESE MIX FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 11 TACO MEAT SHREDDED CHEDDAR CHEESE REFRIED VEGETARIAN BEANS ROMAINE TOMATO SLICE SALSA BEANS,BLACK,CND,DRND SOUR CREAM LITE TORTILLA CHIPS FRUIT,FRESH ASSORTED 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.

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|---|---|--|--|---|
| May - 14 CHICKEN NOODLE SOUP CRACKERS ROMAINE ASPARAGUS CHERRY TOMATOES BEANS,BLACK,CND,DRND BROCCOLI,raw CARROT STICKS CAULIFLOWER,raw CUCUMBER,RAW JICAMA PEAS PEPPERS,SWEET,GREEN, RAW PEPPERS,SWEET,RED,RA W RADISHES RED CABBAGE SPINACH TOMATO SLICE SHREDDED CARROTS ZUCCHINI SHREDDED CHEESE MIX FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 15 TACO MEAT SHREDDED CHEDDAR CHEESE REFRIED VEGETARIAN BEANS ROMAINE TOMATO SLICE SALSA BEANS,BLACK,CND,DRND SOUR CREAM LITE TORTILLA CHIPS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 16 WHOLE GRAIN BREAD DELI TURKEY DELI HAM AMERICAN CHEESE SLICE SWISS AMERICAN CHEESE WHOLE GRAIN SQUARE CROISS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE TUNA SALAD SANDWICH EGG SALAD SANDWICH | May - 17 WILD RICE SOUP CRACKERS ROMAINE ASPARAGUS CHERRY TOMATOES BEANS,BLACK,CND,DRND BROCCOLI,raw CARROT STICKS CAULIFLOWER,raw CUCUMBER,RAW JICAMA PEAS PEPPERS,SWEET,GREEN, RAW PEPPERS,SWEET,RED,RA W RADISHES RED CABBAGE SPINACH TOMATO SLICE SHREDDED CARROTS ZUCCHINI SHREDDED CHEESE MIX FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 18 TACO MEAT SHREDDED CHEDDAR CHEESE REFRIED VEGETARIAN BEANS ROMAINE TOMATO SLICE SALSA BEANS,BLACK,CND,DRND SOUR CREAM LITE TORTILLA CHIPS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE |
| May - 21 COOK'S CHOICE MENU | May - 22 TACO MEAT SHREDDED CHEDDAR CHEESE REFRIED VEGETARIAN BEANS ROMAINE TOMATO SLICE SALSA BEANS,BLACK,CND,DRND SOUR CREAM LITE TORTILLA CHIPS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 23 WHOLE GRAIN BREAD DELI TURKEY DELI HAM AMERICAN CHEESE SLICE SWISS AMERICAN CHEESE WHOLE GRAIN SQUARE CROISS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE TUNA SALAD SANDWICH EGG SALAD SANDWICH | May - 24 WILD RICE SOUP CRACKERS ROMAINE ASPARAGUS CHERRY TOMATOES BEANS,BLACK,CND,DRND BROCCOLI,raw CARROT STICKS CAULIFLOWER,raw CUCUMBER,RAW JICAMA PEAS PEPPERS,SWEET,GREEN, RAW PEPPERS,SWEET,RED,RA W RADISHES RED CABBAGE SPINACH TOMATO SLICE SHREDDED CARROTS ZUCCHINI SHREDDED CHEESE MIX FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 25 TACO MEAT SHREDDED CHEDDAR CHEESE REFRIED VEGETARIAN BEANS ROMAINE TOMATO SLICE SALSA BEANS,BLACK,CND,DRND SOUR CREAM LITE TORTILLA CHIPS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE |

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|---|---|------------------------------------|-----------------------------------|
| May - 28 NO SCHOOL TODAY | May - 29 TACO MEAT SHREDDED CHEDDAR CHEESE REFRIED VEGETARIAN BEANS ROMAINE TOMATO SLICE SALSA BEANS, BLACK, CND, DRND SOUR CREAM LITE TORTILLA CHIPS FRUIT, FRESH ASSORTED FRUIT CHOICES MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE | May - 30 WHOLE GRAIN BREAD DELI TURKEY DELI HAM AMERICAN CHEESE SLICE SWISS AMERICAN CHEESE WHOLE GRAIN SQUARE CROISS FRUIT, FRESH ASSORTED FRUIT CHOICES MILK, 1% Lowfat MILK, Skim MILK, SKIM CHOCOLATE TUNA SALAD SANDWICH EGG SALAD SANDWICH | May - 31 COOK'S CHOICE MENU | Jun - 1 COOK'S CHOICE MENU |

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