

Bemidji Food Service

MAY M. S. GRAB & GO

Monday	Tuesday	Wednesday	Thursday	Friday
	May - 1 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 2 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 3 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 4 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE
May - 7 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 8 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 9 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 10 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 11 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE
May - 14 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 15 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 16 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 17 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 18 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE
May - 21 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 22 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 23 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 24 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 25 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS 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.

Bemidji Food Service

MAY
M. S. GRAB & GO

Monday	Tuesday	Wednesday	Thursday	Friday
May - 28 NO SCHOOL TODAY	May - 29 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 30 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 31 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	Jun - 1 PEANUT BUTTER SANDWICH CHEESE STICK YOGURT FRESH VEGGIES DIP ROASTED GARBANZO BEANS 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.*

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