

Bemidji Food Service

M. S. LUMBERJACK

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--------------------------------|
| | May - 1 HAM & CHEESE MELT SANDWICH TOMATO SLICE ROMAINE BAKED BEANS FRESH VEGGIES DIP ORANGES, fresh FRUIT COCKTAIL MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 2 GENERAL TSO'S CHICKEN BROWN RICE PILAF STIR FRY VEGETABLES CARROT STICKS JICAMA DIP WHOLE GRAIN DINNER ROLL FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 3 CHICKEN QUESADILLA ROMAINE SOUR CREAM LITE KIDNEY BEANS SALSA TORTILLA CHIPS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 4 COOK'S CHOICE MENU |
| May - 7 ROAST PORK SANDWICH SWEET POTATO BITES ROMAINE GARDEN SALAD RANCH DRESSING FF FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 8 MEATBALL SUB ROMAINE GARDEN SALAD RANCH DRESSING FF SWEET POTATO BITES FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 9 CHEESY BREAD MARINARA SAUCE ROASTED VEGETABLES BROCCOLI,raw CARROT STICKS DIP FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 10 WHOLE WHEAT TORTILLA CHICKEN TENDERS ROMAINE SHREDDED CHEESE MIX TOMATO SLICE ROASTED BUTTERNUT SQUASH FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 11 COOK'S CHOICE MENU |
| May - 14 FLATBREAD CHICKEN FAJITA STRIPS ROMAINE SHREDDED CHEESE MIX TOMATO SLICE ROASTED BUTTERNUT SQUASH FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 15 BEEF HOT DOG WG HOT DOG BUN KETCHUP BAKED BEANS CARROT STICKS CUCUMBER,RAW DIP FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 16 CHICKEN NUGGETS FRENCH FRIES GLAZED CARROTS CUCUMBER,RAW BROCCOLI,raw DIP FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 17 CHICKEN PATTY WHOLE GRAIN HAMBURGER BUN ROMAINE TOMATO SLICE POTATO WEDGES SLICED APPLES, fresh FRUIT COCKTAIL MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 18 COOK'S CHOICE MENU |
| May - 21 SLOPPY JOE/WHOLE GRAIN BUN POTATO WEDGES ROMAINE GARDEN SALAD RANCH DRESSING FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 22 CHICKEN SLIDERS BAKED BEANS BROCCOLI,raw CARROT STICKS DIP FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 23 CHICKEN TENDERS MAC & CHEESE CARROT STICKS BROCCOLI,raw DIP MIXED VEGETABLES BANANAS, fresh MANDARIN ORANGES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 24 SPICY CHICKEN BREAST WHOLE GRAIN HAMBURGER BUN ROMAINE GARDEN SALAD RANCH DRESSING FF GREEN BEANS FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE | May - 25 COOK'S CHOICE MENU |
| 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.