

Bemidji Food Service

MAY

Apr 26, 2018

M. S. NORTHWOODS

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Monday	Tuesday	Wednesday	Thursday	Friday
	May - 1 CHICKEN NACHOS ROMAINE SHREDDED CHEESE MIX KIDNEY BEANS SALSA SOUR CREAM LITE TORTILLA CHIPS CORN FRUIT,FRESH ASSORTED FRUIT CHOICES 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 WHOLE GRAIN PENNE PASTA ALFREDO SAUCE CHICKEN, DICED PEAS ROMAINE GARDEN SALAD RANCH DRESSING FF FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 4 COOK'S CHOICE MENU
May - 7 BREADED MOZZARELLA STICKS MARINARA SAUCE BROCCOLI,raw CAULIFLOWER,raw DIP FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 8 WHOLE WHEAT TORTILLA TACO MEAT SHREDDED CHEDDAR CHEESE ROMAINE 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 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 CHICKEN FAJITAS BEANS,BLACK,CND,DRND SALSA SOUR CREAM LITE BROCCOLI,raw CAULIFLOWER DIP FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 11 COOK'S CHOICE MENU
May - 14 CHEESE TORTELLINI SPAGHETTI SAUCE WHOLE WHEAT BREADSTICK ROMAINE GARDEN SALAD RANCH DRESSING FF MARINATED BLACK BEAN SALAD FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 15 CHICKEN TACO SHREDDED CHEDDAR CHEESE ROMAINE SALSA BEANS,BLACK,CND,DRND TORTILLA CHIPS 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 TRI-COLOR ROTINI SPAGHETTI SAUCE BEEF CRUMBLES WHOLE WHEAT BREADSTICK ROASTED VEGETABLES ROMAINE GARDEN SALAD RANCH DRESSING FF FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 18 COOK'S CHOICE MENU
May - 21 HOT 'N SPICY CHICKEN TENDERL BISCUITS BAKED BEANS ROMAINE GARDEN SALAD RANCH DRESSING FF FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 22 NACHOS WITH GROUND BEEF ROMAINE SHREDDED CHEESE MIX KIDNEY BEANS SALSA SOUR CREAM LITE TORTILLA CHIPS CORN 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 FRUIT,FRESH ASSORTED FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE	May - 24 MAX STIX MARINARA SAUCE 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

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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Monday	Tuesday	Wednesday	Thursday	Friday
May - 28	May - 29	May - 30	May - 31	Jun - 1
NO SCHOOL TODAY	COOK'S CHOICE MENU	COOK'S CHOICE MENU	COOK'S CHOICE MENU	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.*

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