

# Bemidji Independent School District 31

DECEMBER  
MS VENDED

Monday	Tuesday	Wednesday	Thursday	Friday
		Dec - 1 CHEESY BREAD MARINARA SAUCE FRESH VEGGIES FRUIT,FRESH ASSORTED MILK,Skim MILK,1% Lowfat MILK,1% Chocolate	Dec - 2 WG PEPPERONI PIZZA SLICE FRESH VEGGIES FRUIT,FRESH ASSORTED MILK,Skim MILK,1% Lowfat MILK,1% Chocolate	Dec - 3 HAMBURGER ON A BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE FRESH VEGGIES KETCHUP FRUIT,FRESH ASSORTED MILK,1% Lowfat MILK,Skim MILK,1% Chocolate
Dec - 6 CORN DOG BAKED BEANS FRESH VEGGIES FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK,1% Chocolate	Dec - 7 TACO MEAT SHREDDED CHEESE MIX ROMAINE SOUR CREAM LITE REFRIED BEANS SALSA CUP 3OZ TORTILLA CHIPS FRUIT CHOICES MILK,1% Lowfat MILK,Skim MILK,1% Chocolate	Dec - 8 <del>GENERAL TSO'S CHICKEN BROWN RICE PILAF SWEET &amp; SOUR SAUCE STIR FRY VEGETABLES</del> FRUIT,FRESH ASSORTED MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE <i>Chicken Tenders Mac &amp; Cheese</i>	Dec - 9 WG CHEESE PIZZA SLICE FRESH VEGGIES FRUIT,FRESH ASSORTED MILK,Skim MILK,1% Lowfat MILK,1% Chocolate	Dec - 10 DELI COMBO MEAT AMERICAN CHEESE SLICE FLATBREAD SQUARE CROISSANT ROMAINE TOMATO SLICE FRESH VEGGIES FRUIT,FRESH ASSORTED MILK,1% Lowfat MILK,Skim MILK,1% Chocolate
Dec - 13 <del>CHEESE QUESADILLA CHICKEN QUESADILLA SALSA CUP 3OZ</del> FRESH VEGGIES FRUIT,FRESH ASSORTED MILK,Skim MILK,1% Lowfat MILK,1% Chocolate <i>Pepperoni Calzone Marinara</i>	Dec - 14 PENNE PASTA ALFREDO SAUCE FRESH VEGGIES FRUIT,FRESH ASSORTED MILK,Skim MILK,1% Lowfat MILK,1% Chocolate	Dec - 15 <del>CHICKEN TENDERS MAC &amp; CHEESE</del> FRESH VEGGIES FRUIT,FRESH ASSORTED MILK,1% Lowfat MILK,Skim MILK, SKIM CHOCOLATE <i>Cheese Quesadilla</i>	Dec - 16 WG PEPPERONI PIZZA SLICE FRESH VEGGIES FRUIT,FRESH ASSORTED MILK,Skim MILK,1% Lowfat MILK,1% Chocolate	Dec - 17 HAMBURGER ON A BUN AMERICAN CHEESE SLICE ROMAINE TOMATO SLICE FRESH VEGGIES KETCHUP FRUIT,FRESH ASSORTED MILK,1% Lowfat MILK,Skim MILK,1% Chocolate
Dec - 20 CHICKEN PATTY WHOLE GRAIN HAMBURGER BUN BAKED BEANS FRUIT,FRESH ASSORTED MILK,Skim MILK,1% Lowfat MILK,1% Chocolate	Dec - 21 WHOLE WHEAT TORTILLA CHICKEN, DICED SHREDDED CHEESE MIX ROMAINE SOUR CREAM LITE BLACK BEANS SALSA CUP 3OZ TORTILLA CHIPS FRUIT,FRESH ASSORTED MILK,1% Lowfat MILK,Skim MILK,1% Chocolate	Dec - 22 MAX STIX MARINARA SAUCE FRESH VEGGIES FRUIT,FRESH ASSORTED MILK,Skim MILK,1% Lowfat MILK,1% Chocolate	Dec - 23	Dec - 24

ALL MENUS SUBJECT TO CHANGE

\*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.