

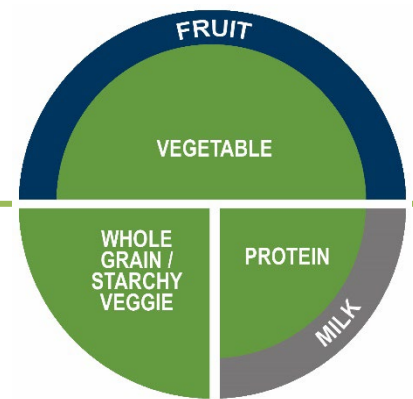


SEPTEMBER 2025

Breakfast:
M-F: 7:00am - 10:00am
Lunch: M-F: 11:30am - 2:00pm
Sat & Sun: 11:30am - 1:30pm
Supper:
Everyday: 5:00pm - 6:30pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 LABOR DAY Hamburger/Cheeseburger Chicken Strips Potato Wedges Chef Choice Vegetables	2 *Herb Baked Chicken PICK TWO-SDAY Sandwich / Soup / Salad Broccoli Corn	3 * Baked Fish Nachos Supreme Garden Wild Rice California Blend Vegetables	4 *Cilantro Lime Chicken Cheesy Italian Fries Parsley Buttered Noodles Island Blend Vegetables Green Peas	5 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower Asparagus	6
7	8 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	9 *Roast Pork Loin Chicken Bacon Ranch Wrap Mashed Potatoes Pea & Carrot Blend	10 *Black Bean Burger With Savory Salsa Chicken Alfredo Fettuccini Pasta Garlic Toast Peas / California Blend	11 *Grilled Cheese on Wheat Stir-fry Bowl Egg roll Stir Fry Vegetables Stewed Tomatoes	12 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn / Green Beans	13
14	15 *Beef Tips Over Noodles Baked Ham Parslied Butter Noodles Peas & Carrots Corn	16 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans / Squash	17 *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Carrots	18 *Cowboy Beans 'n Beef Hot Dog on Bun Chicken Pot Pie over Mashed Potatoes/ Biscuit Monte Carlo Blend Veggies	19 *Baked Fish Cheese Stuffed Pasta Shell Wild Rice Blend Stewed Tomatoes Winter Blend Veggies	20
21	22 *BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes California Blend Veggies Corn	23 *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli Capri Blend Vegetables	24 *Baked Fish Chicken Carbonara Fettuccini Rice Pilaf Peas Chateau Blend Veggies	25 *Meatloaf General TSO Chicken Brown Rice Eggroll Stir Fry Vegetables Stewed Tomatoes	26 *Chicken Lasagna Street Tacos (Beef or Chicken) Crinkle Cut Carrots Green Beans	27
28	29 *Baked Ham Grilled Chicken Breast Sandwich Roasted Red Bud Potatoes Peas / Broccoli	30 *Roast Turkey Pasta Bar Mashed Potatoes Green Beans Carrots	<div><div>Daily Breakfast Features Mon = French Toast Tues = Egg Bake / Bkfst Pizza Wed = Quiche Thurs = Bakery Item Fri = Pancakes</div><div>Weekend Menu Hot Sandwiches Pizza Soup Salad / Sandwich Bar</div></div> <div>HEALTHY MEAL CHOICES * = Healthy Meal Choice See back for more info.</div>			

HEALTHY MEAL CHOICES



Great tasting and good for you, too.

We offer a healthier meal which includes an entrée, vegetable, fresh fruit, and a milk. \$5.50 per meal (ten punches = free meal).

These healthier choice meals:

- Utilize the “Plate” method - 50% of plate is vegetables/fruits
- Have new flavors from culinary herbs, spices and light sauces
- Have locally-sourced seasonal choices as available
- Include Mediterranean-style items with beans/legumes and whole grains
- Offer individual (a la carte) choices.
- Are developed and approved by BRH Registered Dietitian Nutritionist

Nutrition Information:

These meals provide about 1/3 of the average adult daily calorie goal of 1800. Most meals range from 400-594 Calories with 50-65g Carbs.

Menu Example:

Chicken Cordon Bleu, Mashed Potatoes, Broccoli, Orange & Milk.



Corn is The Harvest of the Month!

Add corn to your favorite family meals:

- Add frozen corn to chili or chowder.
- Make a delicious salad with corn, black beans, onions, tomatoes, peppers, cilantro, lime juice, olive oil, garlic, cumin, salt & pepper.
- Add fresh or canned corn to guacamole or taco salad.

Make meals and memories together. It's a lesson kids will use for life.

Select – Sweet corn is available fresh, frozen, and canned. If selecting fresh corn, choose ears with bright green husks, fresh silks, and tight rows of plump kernels.

Store – Refrigerate corn with husks on and use within 1-2 days.

Prepare – Peel husks and silks from ears of corn. Break off the stalk at the base of the ear of corn. Rinse under cool running water. Boil, microwave, grill, or roast!

Did you know?

In Aztec, Incan, Mayan, and Native American cultures, corn was grown in companionship with squash and beans. Corn, squash, and beans make up the traditional “Three Sisters”.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.