


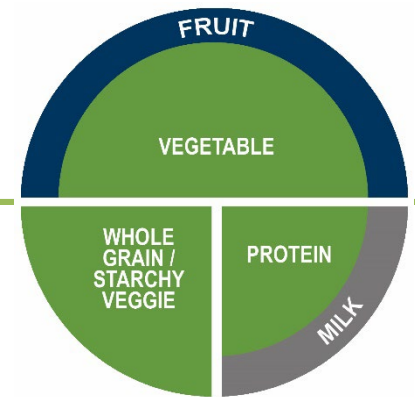


OCTOBER 2024

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
<p>Weekend Menu Hot Sandwiches Pizza Soup Salad / Sandwich Bar</p>		<p>1 PICK TWO-SDAY *Herb Baked Chicken Sandwich / Soup / Salad Mashed Potatoes & Gravy Broccoli / Corn</p>	<p>2 * Baked Fish Nachos Supreme Garden Wild Rice California Blend Vegetables</p>	<p>3 *Cilantro Lime Chicken Cheesy Italian Fries Parsley Buttered Noodles Island Blend Vegetables Green Peas</p>	<p>4 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower / Asparagus</p>	<p>5</p>
<p>6</p>	<p>7 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli</p>	<p>8 *Roast Pork Loin Crispy Chicken Wrap Mashed Potatoes Yellow Wax Beans Pea & Carrot Blend</p>	<p>9 *Black Bean Burger With Savory Salsa Chicken Alfredo Fettuccini Pasta Garlic Toast Peas / California Blend</p>	<p>10 GREAT APPLE CRUNCH DAY *Grilled Cheese on Wheat Stir-fry Bowl Egg roll Cauliflower Stir-fry Veggies</p> 	<p>11 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn / Green Beans</p>	<p>12</p>
<p>13</p>	<p>14 *Beef Tips over noodles Grilled Chicken & Peppers Parslied Butter Noodles Brown Rice Peas & Carrots / Corn</p>	<p>15 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans / Squash</p>	<p>16 *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli</p>	<p>17 *Cowboy Beans 'n Beef Beef Hot Dog on Bun Chicken Pot Pie Mashed Potatoes Monte Carlo Veggies Spinach</p>	<p>18 *Baked Fish Stuffed Shells Wild Rice Tomatoes Winter Blend Veggies</p>	<p>19</p>
<p>20</p>	<p>21 *BBQ Beef Brisket Chicken Fajitas Baked Sweet Potato with Toppings Cali. Blend Veggies / Corn</p>	<p>22 *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli / Yellow Beans</p>	<p>23 *Baked Fish Chicken Carbonara Fettuccini Peas Chateau Blend Veggies</p>	<p>24 *Meatloaf General TSO Chicken Brown Rice Eggroll Stir Fry Veggies / Tomatoes</p> 	<p>25 *Chicken Lasagna Street Tacos Carrots Green Beans</p>	<p>26</p>
<p>27</p>	<p>28 *Baked Fish Grilled Chicken Breast Sandwich Roasted Red Bud Potatoes Peas / Broccoli</p>	<p>29 *Roast Turkey Burrito Bowl Mashed Potatoes Green Beans Carrots</p>	<p>30 *Cranberry Orange Chicken Build-A-Burger (Beef or Black Bean) Rice Pilaf Monte Carlo Veggies</p>	<p>31 HALLOWEEN *Meatballs Pasta Bar Mashed Potatoes Chateau Blend Veggies Tomatoes</p>	<p>HEALTHY MEAL CHOICES * = Healthy Meal Choice See back for more info. </p>	

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 BRMH 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 & Skim Milk.



- Select** – Choose cabbage heads with compact leaves.
- Store** – Tightly wrap in plastic and refrigerate for up to 7 days.
- Prepare** – Carefully run a small knife around the core to remove it. Slice or chop the leaves.



Cabbage is the Harvest of the Month!

Add cabbage to your favorite family meals:

- Add cabbage to your favorite veggie soup, stew, or stir fry.
- Use cabbage leaves as a tortilla or wrap.
- Add raw cabbage to salad.

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

Did you know?

Green and red cabbage are the most common, but other types of cabbage include Napa (Chinese cabbage) and Savoy.



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.

Find more information on healthy living at www.JacksonInAction.org