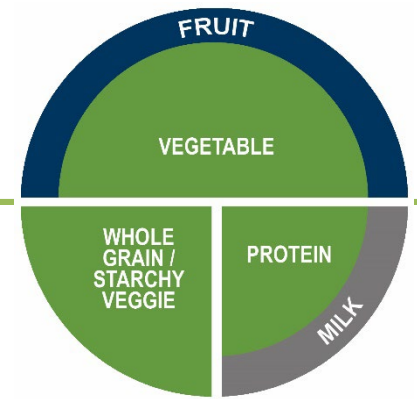


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
<p>HEALTHY MEAL CHOICES</p> <p>* = Healthy Meal Choice See back for more info.</p>					<p>Weekend Menu Hot Sandwiches Pizza Soup Salad / Sandwich Bar</p>		<p>Daily Breakfast Features Mon = French Toast Tues = Egg Bake / Bkfst Pizza Wed = Quiche Thurs = Bakery Item Fri = Pancakes</p>		<p>1 *Roast Pork w/ Gravy Chipotle Lime Tilapia Brown Rice Mashed Potatoes Green Beans Cali. Blend Veggies</p>	<p>2</p>
<p>3</p>	<p>4 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli</p>	<p>5 *Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans / Corn</p>	<p>6 *Cheese Lasagna Rollup Grilled Turkey, Bacon & Cheese on Flatbread Steamed Spinach Blend Vegetables</p>	<p>7 *Beef Tips & Peppers with Rice Chick Kiev Rice Pilaf Crinkle Cut Carrots Stewed Tomatoes</p>	<p>8 *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Potatoes Green Beans Island Blend Vegetables</p>	<p>9</p>				
<p>10</p>	<p>11 VETERANS DAY *Apple Glazed Pork Loin Mac & Cheese Mashed Potato Green Beans Mixed Vegetables</p>	<p>12 *Herb Baked Chicken PICK TWO-SDAY Sandwich / Soup / Salad Mashed Potatoes & Gravy Broccoli / Corn</p>	<p>13 * Baked Fish Nachos Supreme Garden Wild Rice California Blend Vegetables</p>	<p>14 *Cilantro Lime Chicken Cheesy Italian Fries Parsley Buttered Noodles Island Blend Vegetables Green Peas</p>	<p>15 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower / Asparagus</p>	<p>16</p>				
<p>17</p>	<p>18 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli</p>	<p>19 *Roast Pork Loin Crispy Chicken Wrap Mashed Potatoes Yellow Wax Beans Pea & Carrot Blend</p>	<p>20 *Black Bean Burger With Savory Salsa Chicken Alfredo Fettuccini Pasta Garlic Toast Peas / California Blend</p>	<p>21 HOLIDAY TEA Soup Bar Assorted Soups & Beef Chili Turkey Bacon & Swiss Slider Monte Carlo Vegetable Blend Cornbread</p>	<p>22 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn / Green Beans</p>	<p>23</p>				
<p>24</p>	<p>25 *Beef Tips over noodles Grilled Chicken & Peppers Parslied Butter Noodles Brown Rice Peas & Carrots / Corn</p> <p>BAKE SALE</p>	<p>26 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans / Squash</p> <p>BAKE SALE</p>	<p>27 *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Diced Beets</p> <p>BAKE SALE</p>	<p>28 THANKSGIVING Roasted Turkey Baked Ham Mashed Potatoes & Gravy Stuffing Candies Yams Green Bean Casserole</p>	<p>29 *Baked Fish Crispy Chicken Sandwich Wild Rice Winter Blend Veggies</p>	<p>30</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 beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

Store – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

Prepare – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

Beets are The Harvest of the Month!

Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

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

Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!
#WISharvestoftheMonth



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