
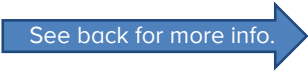
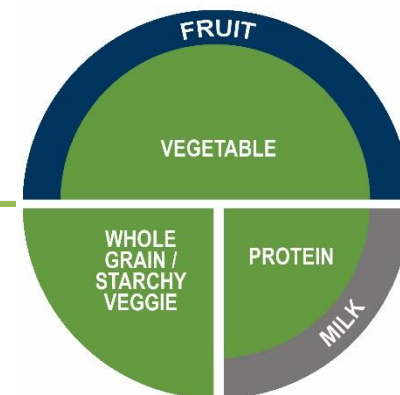


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Espresso Drink Salted Caramel</p>			<p>1 *Baked Fish Nachos Supreme Garlic Red Mashed Potatoes Cali. Blend Veggies / Beets</p>	<p>2 *Cilantro Lime Chicken Cheesy Italian Fries Buttered Parsley Noodles Island Blend Veggies Peas</p>	<p>3 *Teriyaki Beef / Broccoli Grilled Salmon Brown Rice Cauliflower Asparagus</p>	<p>4 Stuffed Shells (2)</p>
<p>5 Chicken Strips</p>	<p>6 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli</p>	<p>7 *Roast Pork Chicken Bacon Ranch Wrap Mashed Potatoes Yellow Beans Peas & Carrots Blend</p>	<p>8 *Black Bean Burger w/ Salsa Chicken Alfredo Fettuccini Garlic Toast Cali. Blend Veggies / Peas</p>	<p>9 *Grilled Cheese Burrito Bowl Cauliflower Tomatoes</p>	<p>10 *Meatballs in Green Pepper Tomato Sauce Parmesan Panko Fish Brown Rice Peas Green Beans</p>	<p>11 French Dip</p>
<p>12 General Tso Chicken & Eggroll</p>	<p>13 *Beef Tips Grilled Chicken & Peppers Brown Rice Peas & Carrots Corn</p>	<p>14 *Baked Herb Chicken Brat w/ Sauerkraut Roasted Red Potatoes Green Beans Squash</p>	<p>15 *Roast Beef Stuffed Baked Potato Mashed Potatoes Beets Broccoli</p>	<p>16 HOLIDAY TEA Soup Bar – Chicken Noodle, Beef Chili, Cheesy Potato, Mushroom Brie Bisque Monte Carlo Veggies Cornbread</p>	<p>17 *Baked Fish Stuffed Shells Wild Rice Tomatoes Winter Blend Veggies</p>	<p>18 Crispy Chicken Sandwich</p>
<p>19 Hot Ham & Cheese with Soup Combo</p>	<p>20 *BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes Cali. Blend Veggies Corn</p>	<p>21 *Meatballs & Gravy Crispy Fish Sandwich Mashed Potatoes Broccoli Yellow Beans</p>	<p>22 *Baked Fish Chicken Carbonara Fettuccini Peas Chateau Blend Veggies</p>	<p>23 THANKSGIVING Roasted Turkey Baked Ham Mashed Potatoes Stuffing Candied Yams Green Bean Casserole</p>	<p>24 *Chicken Lasagna Street Tacos Carrots Green Beans</p>	<p>25 BBQ Sandwich</p>
<p>26 Beef Broccoli Stirfry</p>	<p>27 *Cabbage Roll Grilled Chicken Breast Sandwich Roasted Red Potatoes Peas / Broccoli</p>	<p>28 *Roast Turkey Walking Taco Mashed Potatoes Green Beans Carrots</p>	<p>29 *Vegetable Lasagna Build-a-Burger (Beef or Black Bean) Beets Monte Carlo Veggies</p>	<p>30 *Chicken Fried Rice BBQ Meatballs Mashed Potatoes Chateau Blend Veggies Tomatoes</p>	<p>HEALTHY MEAL CHOICES</p> <p>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 Parmesan, Pasta, Carrots, Banana & Skim Milk.



Select – Choose squash that are heavy, firm, and have a full stem.

Store – Store in a cool, dark place for up to one month.

Prepare – Squash with thinner skin, like delicata and sweet dumpling, can be eaten without being peeled. Other winter squash, like butternut or acorn, have a hard rind that can be peeled with a vegetable peeler or sharp knife. You can peel squash before or after cooking.

Winter Squash is the Harvest of the Month!

Add winter squash to your favorite family meals:

- Dice, microwave or roast and add to salad, tacos, rice, or mac and cheese.
- Halve squash, roast cut side down, then add stuffing
- Puree microwaved or roasted squash for a soup or pie!

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

Did you know?

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



Nutritious, Delicious, Wisconsin!
#WIHarvestOfTheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

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