



Breakfast:

M-F: 7:00am - 10:00am

Lunch: M-F: 11:30am - 2:00pm

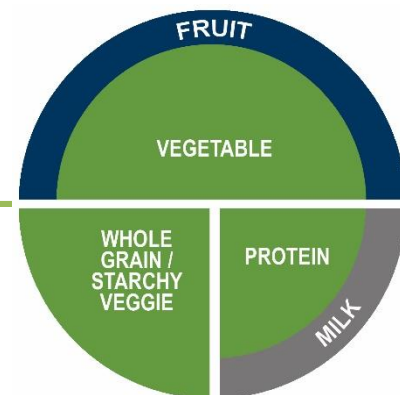
Sat & Sun: 11:30am - 1:30pm

Supper:

Everyday: 5:00pm - 6:30pm

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|--|
| <p>ESPRESSO: PEPPERMINT MOCHA</p>  | | | | <p>HEALTHY MEAL CHOICES</p> <p>* = Healthy Meal Choice</p> <p>See back for more info.</p> | | <p>Weekend Menu</p> <ul style="list-style-type: none"> Hot Sandwiches Pizza Soup Salad / Sandwich Bar |
| | | | | | 1 | 2 |
| | | | | | *Roast Pork w/ Gravy Chipotle Lime Tilapia Brown Rice Green Beans Cali. Blend Veggies | |
| 3 | 4 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Veggies Broccoli | 5 *Honey Garlic Chicken Spaghetti w/ Meat Sauce Garlic Toast Garden Blend Rice Green Beans / Corn | 6 *Lasagna Rollup Turkey, Bacon, & Cheese Flatbread Spinach Winter Blend Veggies | 7 *Beef Tips & Peppers Chicken Kiev Rice Pilaf Carrots Tomatoes | 8 *BBQ Pulled Pork Sandwich Potato Crusted Fish Red Bud Smashed Potatoes Island Veggies / Peas | 9 |
| 10 | 11 *Apple Glazed Pork Macaroni & Cheese Mashed Potatoes Green Beans Winter Blend Veggies | 12 PICK TWO-SDAY *Beef Lasagna Garlic Toast Broccoli Corn | 13 *Baked Fish Nachos Supreme Garden Wild Rice Cali. Blend Veggies Beets | 14 *Cilantro Lime Chicken Cheesy Italian Fries Parsley Buttered Noodles Peas Island Blend Veggies | 15 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower Asparagus | 16 |
| 17 | 18 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli | 19 *Roast Pork Crispy Chicken Sandwich Mashed Potatoes Yellow Beans Peas & Carrots Blend | 20 *Black Bean Burger w/ Salsa Chicken Alfredo Fettuccini Garlic Toast Cali. Blend Veggies / Peas | 21 *Grilled Cheese Oriental Stir Fry Cauliflower Stir Fry Veggies | 22 *Meatballs in Green Pepper Tomato Sauce Parmesan Panko Fish Brown Rice Peas Green Beans | 23 |
| 24 CHRISTMAS EVE DAY | 25 CHRISTMAS DAY Roast Beef Baked Ham Mashed Potatoes w/ Gravy Green Bean Casserole Assorted Desserts | 26 *Baked Herb Chicken Roasted Red Potatoes Green Beans Squash | 27 *Grilled Chicken & Peppers Stuffed Baked Potato Brown Rice Broccoli | 28 Chicken Pot Pie Soup Bar Mashed Potatoes Monte Carlo Veggies | 29 *Baked Fish Stuffed Shells Wild Rice Tomatoes Winter Blend Veggies | 30 |
| 31 NEW YEAR'S EVE | | | | | | |

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:

Roast Pork, Brown Rice, Green Beans, Apple & Skim Milk.



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.

- 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!

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!
#WIHarvestOfTheMonth



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