

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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HEALTHY MEAL CHOICES

* = Healthy Meal Choice

See back for more info.



Espresso Drink:
Caramel Iced Latte

Weekend Menu

Hot Sandwiches

Pizza

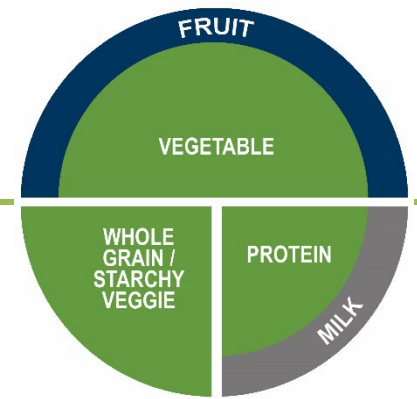
Soup

Salad / Sandwich Bar

2	3 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	4 *Roast Pork Loin Crispy Chicken Wrap Mashed Potatoes Yellow Wax Beans Pea & Carrot Blend	5 *Black Bean Burger With Savory Salsa Chicken Alfredo Fettuccini Pasta Garlic Toast Peas / California Blend	6 *Grilled Cheese on Wheat Stir-fry Bowl Egg roll Cauliflower Stewed Tomatoes	7 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn / Green Beans	8
9	10 *Beef Tips over noodles Grilled Chicken & Peppers Parslied Butter Noodles Brown Rice Peas & Carrots / Corn	11 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans / Squash	12 *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Diced Beets	13 *Cowboy Beans 'n Beef Beef Hot Dog on Bun Chicken Pot Pie Mashed Potatoes Monte Carlo Veggies Spinach	14 *Baked Fish Stuffed Shells Wild Rice Tomatoes Winter Blend Veggies	15
16 Father's Day	17 *BBQ Beef Brisket Chicken Fajitas Baked Sweet Potato with Toppings Cali. Blend Veggies / Corn	18 *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli / Yellow Beans	19 *Baked Fish Chicken Carbonara Fettuccini Peas Chateau Blend Veggies	20 *Meatloaf General TSO Chicken Brown Rice Eggroll Stir Fry Veggies / Tomatoes	21 *Chicken Lasagna Street Tacos Carrots Green Beans	22
23	24 *Stuffed Green Pepper Grilled Chicken Breast Sandwich Roasted Red Bud Potatoes Peas / Broccoli	25 *Roast Turkey Burrito Bowl Mashed Potatoes Green Beans Carrots	26 *Vegetable Lasagna Build-A-Burger (Beef or Black Bean) Beets Monte Carlo Veggies	27 *Chicken Fried Rice BBQ Meatballs Mashed Potatoes Chateau Blend Veggies Tomatoes	28 *Roast Pork w/ Gravy Chipotle Lime Tilapia Brown Rice Mashed Potatoes Green Beans Cali. Blend Veggies	29
30						



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 asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

Store – Wrap the ends of stalks in a wet paper towel and place in a plastic bag. Refrigerate for up to 4 days.

Prepare – Snap off the woody ends, about 1-2 inches. Enjoy raw, steamed, boiled, grilled, or roasted!

Asparagus is the Harvest of the Month!

Add asparagus to your favorite family meals:

- Add bite-size pieces of asparagus to creamy soups.
- Dip asparagus spears in a healthy dip or dressing.
- Use leftover cooked asparagus in your scrambled eggs.
- Add asparagus to roasted potatoes, rice side dishes, or pasta salad.

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

Did you know?

Asparagus can be found in three colors: green, white, and purple. White asparagus is grown under the soil, so it is never exposed to sunlight and never turns green.



Nutritious, Delicious, Wisconsin!

#WlHarvestoftheMonth



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