
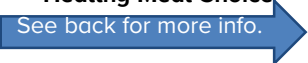
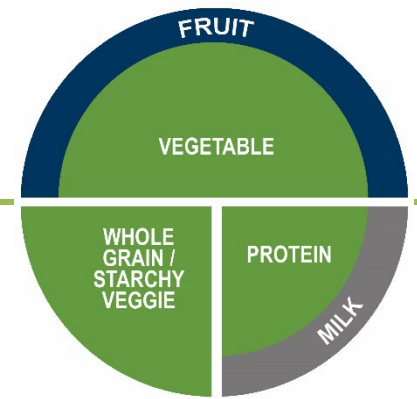


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 *Chick Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli	2 *Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans / Corn	3 *Cheese Lasagna Rollup Grilled Turkey, Bacon & Cheese on Flatbread Steamed Spinach Blend Vegetables	4 Burgers Hot Dogs Baked beans Cold Salads Chef Choice Vegetable	5 *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Buttered Potatoes & Peas Island Blend Vegetables	6 <b>Weekend Menu</b> Hot Sandwiches Pizza Soup Salad Sandwich Bar	
7	8 *Apple Glazed Pork Loin Mac & Cheese Mashed Potato Green Beans Winter Blend Vegetables	9 *Herb Baked Chicken <b>PICK TWO-SDAY</b> Sandwich / Soup / Salad Broccoli / Corn	10 * Baked Fish Nachos Supreme Garden Wild Rice California Blend Vegetables / Beets	11 *Cilantro Lime Chicken Cheesy Italian Fries Parsley Buttered Noodles Island Blend Vegetables Green Peas	12 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower / Asparagus	13	
14	15 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	16 *Roast Pork Loin Crispy Chicken Wrap Mashed Potatoes Yellow Wax Beans Pea & Carrot Blend	17 <b>BALLPARK DAY</b> Hot Dog / Chili Cheese Dog BBQ Pork Sandwich Pretzels w/ Cheese French Fries / Chili Cheese Fries Chef Choice Vegetable	18 *Grilled Cheese on Wheat Taco – Beef / Chicken Cauliflower Stewed Tomatoes	19 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn / Green Beans	20	
21	22 *Beef Tips over noodles Grilled Chicken & Peppers Parslied Butter Noodles Brown Rice Peas & Carrots / Corn	23 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans / Squash	24 *Roast Beef Stuffed Baked Potato Mashed Potatoes Beets Broccoli	25 *Cowboy Beans 'n Beef Beef Hot Dog on Bun Chicken Pot Pie Mashed Potatoes Monte Carlo Veggies Spinach	26 *Baked Fish Stuffed Shells (2) Wild Rice Tomatoes Winter Blend Veggies	27	
28	29 *BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes Cali. Blend Veggies Corn	30 *Meatballs & Gravy Bruschetta Chicken Wrap Mashed Potatoes Broccoli Yellow Beans	31 *Baked Fish Chicken Carbonara Fettuccini Peas Chateau Blend Veggies	 <p><b>Iced Caramel Latte</b></p>			<p><b>HEALTHY MEAL CHOICES</b></p> <p>* = 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.

## TASTE A TOMATO



**Select** – Choose tomatoes with bright skin and firm flesh.

**Store** – Keep at room temperature and away from sunlight for up to one week.

**Prepare** – Rinse under cool, running water and enjoy!

## Tomatoes are the Harvest of the Month!

### Add tomatoes to your favorite family meals:

- Add fresh tomato to salads or sandwiches.
- Cook down tomatoes for a fresh pasta sauce.
- Dice tomatoes with garlic, onions, peppers, and cilantro or basil for a fresh salsa.

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

### Did you know?

There are many types of tomatoes, including cherry, grape, beefsteak, plum, slicing, and pear. Tomatoes also come in different colors, such as red, orange, yellow, green, pink, and purple!



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



Extension  
UNIVERSITY OF WISCONSIN-MADISON

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Find more information on healthy living at [www.JacksonInAction.org](http://www.JacksonInAction.org)