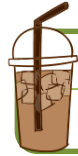


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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HEALTHY MEAL CHOICES

* = Healthy Meal Choice

See back for more info.



Iced Vanilla

Chai Latte

Weekend Menu

Hot Sandwiches

Pizza

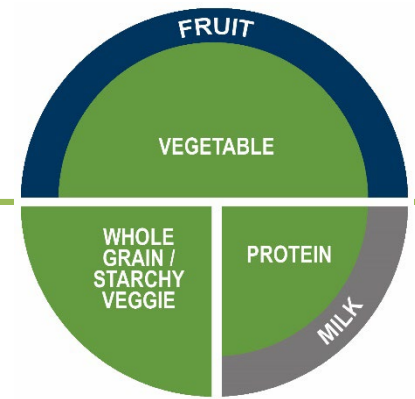
Soup

Salad / Sandwich Bar



				1 *Meatloaf General TSO Chicken Brown Rice Eggroll Stir Fry Veggies Tomatoes	2 *Chicken Lasagna Street Tacos Carrots Green Beans	3
4	5 *Stuffed Green Pepper Grilled Chicken Breast Sandwich Roasted Red Potatoes Peas / Broccoli	6 *Roast Turkey Crispy Fish Sandwich Mashed Potatoes Green Beans Carrots	7 *Vegetable Lasagna Build A Burger (Beef or Black Bean) Beets / Monte Carlo Blend Vegetables	8 * BBQ Meatballs Chicken Fried Rice Mashed Potatoes Chateau Blend Vegetables Stewed Tomatoes	9 *Roast Pork / Gravy Chipotle Lime Tilapia Brown Rice Green Beans California Blend Vegetables	10
11	12 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli	13 *Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans / Corn	14 *Cheese Lasagna Rollup Grilled Turkey, Bacon & Cheese on Flatbread Steamed Spinach Blend Vegetables	15 *Beef Tips with Peppers Chick Kiev Rice Pilaf Crinkle Cut Carrots Stewed Tomatoes	16 *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Buttered Potatoes / Peas Island Blend Vegetables	17
18	19 *Apple Glazed Pork Loin Mac & Cheese Mashed Potato Green Beans Winter Blend Vegetables	20 *Herb Baked Chicken PICK TWO-SDAY Sandwich / Soup / Salad Broccoli / Corn	21 * Baked Fish Nachos Supreme Garden Wild Rice California Blend Vegetables / Beets	22 *Cilantro Lime Chicken Cheesy Italian Fries Parsley Buttered Noodles Island Blend Vegetables Green Peas	23 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower / Asparagus	24
25	26 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	27 *Roast Pork Loin Chicken Bacon Ranch Wrap Mashed Potatoes Yellow Wax Beans Pea & Carrot Blend	28 FAIR FUN DAY Grilled Chicken Sandwich Grilled Burger Baked Beans Cold Deli Salads Sweet Corn "Harvest of the Month" California Blend	29 *Grilled Cheese on Wheat Stir-fry Bowl Egg roll Cauliflower Stewed Tomatoes	30 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn / Green Beans	31

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 – Sweet corn is available fresh, frozen, and canned. If selecting fresh corn, choose ears with bright green husks, fresh silks, and tight rows of plump kernels.

Store – Refrigerate corn with husks on and use within 1-2 days.

Prepare – Peel husks and silks from ears of corn. Break off the stalk at the base of the ear of corn. Rinse under cool running water. Boil, microwave, grill, or roast!

Corn is The Harvest of the Month!

Add corn to your favorite family meals:

- Add frozen corn to chili or chowder.
- Make a delicious salad with corn, black beans, onions, tomatoes, peppers, cilantro, lime juice, olive oil, garlic, cumin, salt & pepper.
- Add fresh or canned corn to guacamole or taco salad.

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, corn was grown in companionship with squash and beans. Corn, squash, and beans make up the traditional “Three Sisters”.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



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