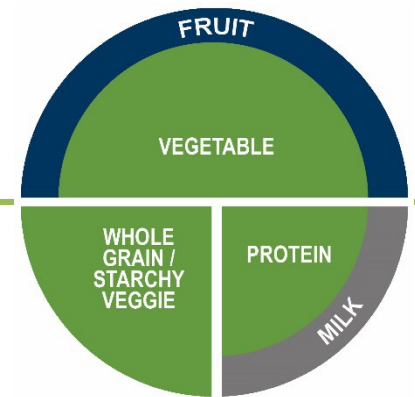


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 LABOR DAY Hot Dog / Chili Dog Crispy Chicken Sandwich Fries Chef Choice Vegetable	3 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans / Squash	4 *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Diced Beets	5 *Cowboy Beans 'n Beef Beef Hot Dog on Bun Chicken Pot Pie Mashed Potatoes Monte Carlo Veggies Spinach	6 *Baked Fish Stuffed Shells Wild Rice Tomatoes Winter Blend Veggies	7
8	9 *BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes Cali. Blend Veggies Corn	10 *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli Yellow Beans	11 *Baked Fish Chicken Carbonara Fettuccini Peas Chateau Blend Veggies	12 *Meatloaf General TSO Chicken Brown Rice Eggroll Stir Fry Veggies / Tomatoes	13 *Chicken Lasagna Street Tacos Carrots Green Beans	14 MENTAL WELLNESS WALK-A-THON 9AM - NOON 
15	16 *Baked Fish Grilled Chicken Breast Sandwich Roasted Red Bud Potatoes Peas / Broccoli	17 *Roast Turkey Burrito Bowl Mashed Potatoes Green Beans Carrots	18 *Vegetable Lasagna Build-A-Burger (Beef or Black Bean) Beets Monte Carlo Veggies	19 *BBQ Meatballs Chicken Fried Rice Mashed Potatoes Chateau Blend Veggies Tomatoes	20 *Roast Pork w/ Gravy Chipotle Lime Tilapia Brown Rice Mashed Potatoes Green Beans Cali. Blend Veggies	21
22	23 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli	24 *Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans / Corn	25 *Cheese Lasagna Rollup Grilled Turkey, Bacon & Cheese on Flatbread Steamed Spinach Blend Vegetables	26 *Beef Tips & Peppers with Rice Chick Kiev Rice Pilaf Crinkle Cut Carrots Stewed Tomatoes	27 *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Potatoes Green Beans Island Blend Vegetables	28
29	30 *Apple Glazed Pork Loin Mac & Cheese Mashed Potato Green Beans Mixed Vegetables	<div data-bbox="560 1228 859 1399" data-label="Image"> </div> <div data-bbox="985 1228 1284 1385" data-label="Text"> <p>Weekend Menu Hot Sandwiches Pizza Soup Salad / Sandwich Bar</p> </div> <div data-bbox="1449 1228 1806 1392" data-label="Text"> <p>HEALTHY MEAL CHOICES * = Healthy Meal Choice See back for more info. </p> </div>				

BAKE SALE

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 glossy, small- to medium-size squash.
- Store** – Refrigerate and use within 3-4 days.
- Prepare** – Grill, steam, boil, or saute. You can even eat the skin!



Summer Squash is the Harvest of the Month!

Add summer squash to your favorite family meals:

- Saute chopped squash to add to pasta, burritos, or quesadillas.
- Serve raw slices to dip in hummus.
- Bake thin slices to make crispy zucchini chips.

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

Did you know?

Zucchini is the most popular summer squash grown in Wisconsin. Other types include yellow straightneck, yellow crookneck, Patty pan, and Mexican squash (calabacita).



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

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