

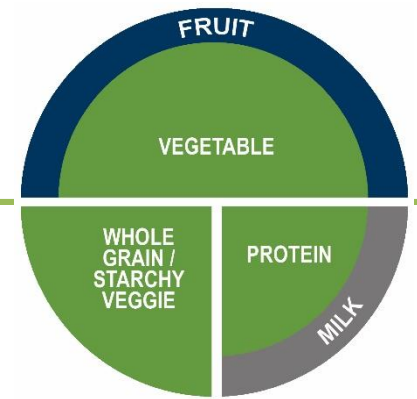


September 2022

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>HEALTHY MEAL CHOICES</p> <p>* = Healthy Meal Choice</p> <p>See back for more info. </p>		<p>1</p> <p>*Beef Tips & Peppers Chicken Kiev Rice Pilaf Crinkle Carrots Tomatoes</p>	<p>2</p> <p>*BBQ Pulled Pork Sandwich Crispy Chicken Bites French Fries Blended Veggies / Peas</p>	<p>3</p> <p>Philly Steak Sandwich</p>
<p>4</p> <p>Chicken Strips</p>	<p>5 LABOR DAY</p> <p>Hamburger Brat Baked Beans French Fries Chef Choice Veggies</p>	<p>6</p> <p>Burrito Bowl (Beef, Pork, or Chicken w/ Assorted Toppings) *Meatballs w/ Gravy Rice / Veggies</p>	<p>7</p> <p>*Baked Fish Italian Cheese Fries Garlic Red Mashed Potatoes Cali. Blend Veggies / Beets</p>	<p>8</p> <p>*Cilantro Lime Chicken Breaded Shrimp Parsley Buttered Noodles Blended Veggies Peas</p>	<p>9</p> <p>*Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower Asparagus</p>	<p>10</p> <p>Turkey, Bacon, & Cheese Flatbread</p>
<p>11</p> <p>Spaghetti</p>	<p>12</p> <p>*Chicken Parmesan NEW! French Dip Sandwich Pasta Carrots Broccoli</p>	<p>13</p> <p>*Roast Pork Chicken Bacon Ranch Wrap Mashed Potatoes Yellow Beans Peas & Carrots</p>	<p>14</p> <p>*Black Bean Burger Chicken Alfredo Garlic Toast Cali. Blend Veggies Peas</p>	<p>15 END OF SUMMER COOKOUT</p> <p>Hamburger Hot Dog Baked Beans French Fries Chef Choice Veggies</p>	<p>16</p> <p>*Meatballs in Green Pepper Tomato Sauce Crispy Boneless Chicken Wings Brown Rice Peas / Green Beans</p>	<p>17</p> <p>Sweet & Sour Chicken & Eggroll</p>
<p>18</p> <p>Walking Taco</p>	<p>19</p> <p>*Beef Tips Crispy Cod Fillet Parsley Buttered Noodles Peas & Carrots Corn</p>	<p>20</p> <p>*Baked Herb Chicken Brat w/ Sauerkraut Roasted Red Bud Potatoes Green Beans Squash</p>	<p>21</p> <p>*Roast Beef Stuffed Baked Potato Mashed Potatoes Beets Broccoli</p>	<p>22</p> <p>*Cowboy Beans 'n Beef Beef Hot Dog on Bun Chicken Pie Mashed Potatoes Monte Carlo Veggies Spinach</p>	<p>23</p> <p>*Baked Fish Crispy Chicken Sandwich Sweet Potato Fries Tomatoes Winter Blend Veggies</p>	<p>24</p> <p>Deli Sandwich & Soup</p>
<p>25</p> <p>Beef Lasagna</p>	<p>26</p> <p>*BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes Cali. Blend Veggies Corn</p>	<p>27</p> <p>*Meatballs & Gravy Bruschetta Chicken Wrap Mashed Potatoes Broccoli Yellow Beans</p>	<p>28</p> <p>*Roast Pork Chicken Carbonara Fettuccini Peas Chateau Blend Veggies</p>	<p>29</p> <p>*Meatloaf General TSO Chicken Brown Rice Egg rolls Stir Fry Vegetables Stewed Tomatoes</p>	<p>30</p> <p>*Chicken Lasagna Crispy Fish Sandwich Potato Wedges Crinkle Cut Carrots Green Beans</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. \$5.00 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:

BBQ Beef Brisket, Red Bud Smashed Potatoes, Corn, Apple & Skim Milk.



- Select** – Choose firm apples with smooth and shiny skin.
- Store** – Refrigerate in a plastic bag for up to 3 weeks.
- Prepare** – Eat whole or sliced. Leave on the skin for extra nutrients!



Apples are the Harvest of the Month!

Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

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

Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



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.