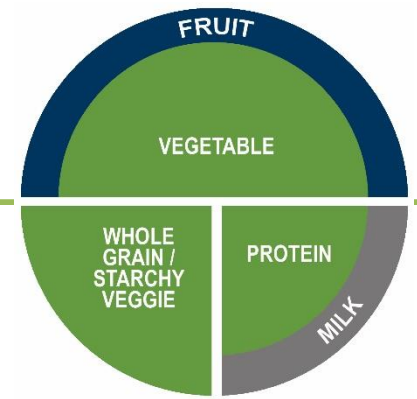


September 2023

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>Espresso Drink: BLACKBERRY WHITE CHOCOLATE LATTE</p>					<p>HEALTHY MEAL CHOICES</p> <p>* = Healthy Meal Choice</p> <p>See back for more info. </p>	
3 Hot Ham & Cheese & Soup Combo	4 LABOR DAY Grilled Brats Grilled Chicken Breast Sandwich Tater Tots Broccoli	5 *Roast Turkey Walking Taco Mashed Potatoes Green Beans Carrots	6 *Vegetable Lasagna Build-A-Burger (Beef or Black Bean) Beets Monte Carlo Veggies	7 *Chicken Fried Rice BBQ Meatballs Mashed Potatoes Chateau Blend Veggies Tomatoes	1 *Chicken Lasagna Street Tacos Carrots Green Beans	2 BBQ Sandwich
10 Beef & Broccoli Stir Fry	11 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Veggies Broccoli	12 *Honey Garlic Chicken Spaghetti w/ Meat Sauce Garlic Toast Garden Blend Rice Green Beans Corn	13 *Lasagna Rollup Turkey, Bacon, & Cheese Flatbread Spinach Winter Blend Veggies	14 *Beef Tips & Peppers Chicken Kiev Rice Pilaf Carrots Tomatoes	8 *Roast Pork w/ Gravy Chipotle Lime Tilapia Mashed Potatoes Green Beans Cali. Blend Veggies	9 Stuffed Shells
17 Spaghetti & Meatballs	18 *Apple Glazed Pork Macaroni & Cheese Mashed Potatoes Green Beans Winter Blend Veggies	19 KICK OFF TO FALL GRILL OUT Burgers Hot Dogs Baked Beans Corn Broccoli	20 *Baked Fish Nachos Supreme Garden Wild Rice Cali. Blend Veggies Beets	21 *Cilantro Lime Chicken Cheesy Italian Fries Parsley Buttered Noodles Peas Island Blend Veggies	15 *BBQ Pulled Pork Sandwich Potato Crusted Fish Red Bud Smashed Potatoes Island Blend Veggies Peas	16 Chicken Strips
24 Grilled Panini Sandwich	25 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	26 *Roast Pork Chicken Bacon Ranch Wrap Mashed Potatoes Yellow Beans Peas & Carrots Blend	27 *Black Bean Burger w/ Salsa Chicken Alfredo Fettuccini Garlic Toast Cali. Blend Veggies / Peas	28 *Grilled Cheese Oriental Stir Fry Cauliflower Stir Fry Veggies	22 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower Asparagus	23 Sweet & Sour Chicken & Egg Rolls
					29 *Meatballs in Green Pepper Tomato Sauce Parmesan Panko Fish Brown Rice Peas Green Beans	30 French Dip Sandwich

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:

Roast Pork, Brown Rice, Green Beans, 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.