


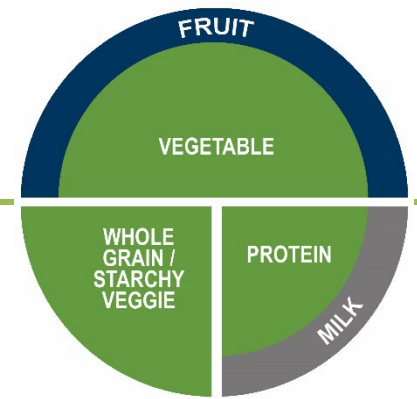


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px dashed black; padding: 5px;"> Weekend Menu Hot Sandwiches Pizza Soup Salad / Sandwich Bar </div>		1 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans / Squash	2 *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Diced Beets	3 *Cowboy Beans 'n Beef Beef Hot Dog on Bun Chicken Pot Pie Mashed Potatoes Monte Carlo Veggies Chef Choice Veggie	4 *Baked Fish Stuffed Shells Wild Rice Tomatoes Winter Blend Veggies	5
6	7 *BBQ Beef Brisket Chicken Fajitas Baked Sweet Potato with Toppings Cali. Blend Veggies / Corn	8 *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli / Island Blend Veggies	9 *Baked Fish Chicken Carbonara Fettuccini Peas Chateau Blend Veggies	10 *Meatloaf General TSO Chicken Brown Rice Eggroll Stir Fry Veggies / Tomatoes	11 *Chicken Lasagna Street Tacos Carrots Green Beans	12
13	14 *Roast Pork Grilled Chicken Breast Sandwich Roasted Red Bud Potatoes Peas / Broccoli	15 *Roast Turkey Burrito Bowl Mashed Potatoes Green Beans Carrots	16 *Baked Fish Build-A-Burger (Beef or Black Bean) Corn Monte Carlo Veggies	17 *BBQ Meatballs Chicken Fried Rice Mashed Potatoes Chateau Blend Veggies Tomatoes 	18 *Baked Ham Chipotle Lime Tilapia Brown Rice Mashed Potatoes Green Beans Cali. Blend Veggies	19
20 EASTER 	21 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli	22 *Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans / Corn	23 *Cheese Lasagna Rollup Grilled Turkey, Bacon & Cheese on Flatbread Chef Choice Veggie Blend Vegetables	24 *Beef Tips & Peppers with Rice Chick Kiev Rice Pilaf Crinkle Cut Carrots Stewed Tomatoes	25 *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Potatoes Green Beans Island Blend Vegetables	26
27	28 *Apple Glazed Pork Loin Mac & Cheese Mashed Potato Green Beans Mixed Vegetables	29 *Herb Baked Chicken PICK TWO-SDAY Sandwich / Soup / Salad Mashed Potatoes & Gravy Broccoli / Corn	30 * Baked Fish Nachos Supreme Garden Wild Rice California Blend Vegetables / Beets	<div style="border: 1px dashed black; padding: 5px;"> Daily Breakfast Features Mon = French Toast Tues = Egg Bake / Bkfst Pizza Wed = Quiche Thurs = Bakery Item Fri = Pancakes </div>		<div style="border: 1px solid black; padding: 5px;"> HEALTHY MEAL CHOICES * = Healthy Meal Choice See back for more info.  </div>

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 & Milk.



- Select** – Choose lettuce with fresh, crisp leaves.
- Store** – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.
- Prepare** – Rinse carefully under cool running water and allow it to dry well.

Lettuce is The Harvest of the Month!

Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

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

Did you know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!
#WISharvestoftheMonth



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