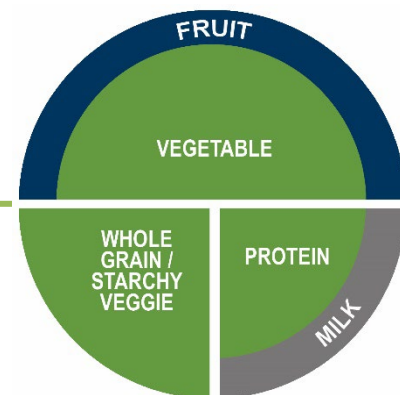


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>HEALTHY MEAL CHOICES</div> <div>* = Healthy Meal Choice</div> <div>See back for more info.</div> </div> <div> <div>Weekend Menu</div> <div>Hot Sandwiches</div> <div>Pizza</div> <div>Soup</div> <div>Salad / Sandwich Bar</div> </div> <div> <div>Daily Breakfast Features</div> <div>Mon = French Toast</div> <div>Tues = Egg Bake / Bkfst Pizza</div> <div>Wed = Quiche</div> <div>Thurs = Bakery Item</div> <div>Fri = Pancakes</div> </div>						
					1 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn Green Beans	2
3	4 *Beef Tips over Noodles Baked Ham Parslied Butter Noodles Peas & Carrots Corn	5 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans / Squash	6 *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Carrots	7 *Cowboy Beans w/ Beef Hot Dog on Bun Chicken Pot Pie over Mashed Potatoes or Biscuit Monte Carlo Blend Veggies	8 *Baked Fish Cheese Stuffed Pasta Shells Wild Rice Blend Stewed Tomatoes Winter Blend Veggies	9
10	11 *BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes California Blend Veggies Corn	12 *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli Capri Blend Veggies	13 *Baked Fish Chicken Carbonara Fettuccini Rice Pilaf Peas Chateau Blend Veggies	14 *Meatloaf General TSO Chicken Brown Rice Eggroll Stir Fry Veggies Stewed Tomatoes	15 *Chicken Lasagna Street Tacos (Beef or Chicken) Crinkle Cut Carrots Green Beans	16
17	18 *Baked Ham Grilled Chicken Breast Sandwich Roasted Red Potatoes Peas / Broccoli	19 *Roast Turkey Burrito Bowl Mashed Potatoes Green Beans Carrots	20 *Baked Fish Build-A-Burger (Beef or Black Bean) Garden Rice Monte Carlo Blend Veggies	21 *BBQ Meatballs Chicken Fried Rice Mashed Potatoes Egg Roll Chateau Blend Veggies Stewed Tomatoes	22 *Roast Pork/Gravy Chipotle Lime Tilapia Mashed Potatoes Green Beans California Blend Veggies	23
24	25 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli	26 *Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans / Corn	27 *Cheese Lasagna Rollup Grilled Turkey, Bacon, & Cheese on Flatbread Winter Blend Veggies	28 National Burger Day Grilled Burgers Grilled Brats/Hotdogs French Fries Baked Beans Carrots	29 *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Buttered Potatoes Green Beans Island Blend Veggies	30
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 BRH 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 firm cucumbers with dark green color.

Store – Refrigerate in a plastic bag for up to 1 week.

Prepare – Rinse with cool running water and slice. Keep the skin on for extra nutrients!

Cucumbers are The Harvest of the Month!

Add cucumbers to your favorite family meals:

- Add cucumbers to pasta salad for a cool crunch.
- Pair with tomatoes and feta cheese for a simple salad.
- Use cucumber slices instead of crackers for dips and spreads.

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

Did you know?

Have you heard the phrase “cool as a cucumber”? The inside of a cucumber is 20 degrees cooler than outside temperatures during the summer. You can cool off with cucumber!



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

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