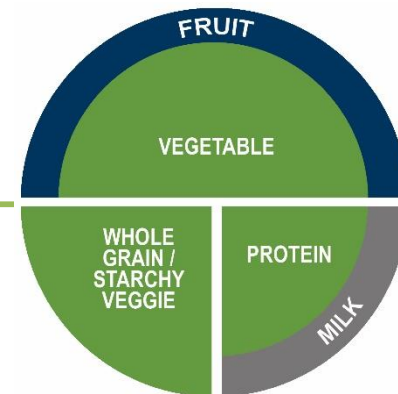


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 Chicken Strips	2 *Apple Glazed Pork Macaroni & Cheese Mashed Potatoes Green Beans Winter Blend Veggies	3 PICK TWO-SDAY *Honey Garlic Chicken W/ Mango Salsa Brown Rice Broccoli Corn	4 *Baked Fish W/ Pineapple Salsa Beef Lasagna Garlic Red Mashed Potatoes Cali. Blend Veggies / Beets	5 CINCO DE MAYO *Cilantro Lime Chicken Nachos Supreme Buttered Parsley Noodles Seasoned Black Beans Peas 	6 *Teriyaki Beef / Broccoli Breaded Shrimp Brown Rice Cauliflower Asparagus	7 Grilled Ham & Cheese		
8 Chicken Alfredo 	9 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	10 *Roast Pork Chicken Bacon Ranch Wrap Mashed Potatoes Yellow Beans Peas & Carrots Blend	11 SPRING COOKOUT Grilled Hamburger Grilled Hot Dog Baked Beans Waffle Fries Cali. Blend Veggies	12 *Grilled Cheese Taco (Beef or Chicken) Cauliflower Tomatoes	13 *Meatballs in Green Pepper Tomato Sauce Crispy Boneless Chicken Wings Brown Rice Peas / Green Beans	14 Italian Cheese Fries		
15 Turkey Bacon Cheese Flatbread	16 *Beef Tips Crispy Cod Parsley Buttered Noodles Corn, Peas & Carrots	17 *Baked Herb Chicken Brat w/ Sauerkraut Roasted Red Potatoes Green Beans Squash	18 *Roast Beef Stuffed Baked Potato Mashed Potatoes Beets Broccoli	19 *Cowboy Beans 'n Beef Beef Hot Dog on Bun Chicken Pie Mashed Potatoes Monte Carlo Veggies Spinach	20 *Baked Fish Crispy Chicken Sandwich Sweet Potato Fries Tomatoes Winter Blend Veggies	21 Fry Bread Taco Bar		
22 French Dip	23 *BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes Cali. Blend Veggies Corn	24 *Meatballs & Gravy Bruschetta Chicken Wrap Mashed Potatoes Broccoli Yellow Beans	25 *Roast Pork Chicken Carbonara Fettuccini Peas Chateau Blend Veggies	26 *Meatloaf General TSO Chicken Brown Rice Egg rolls Stir Fry Vegetables Stewed Tomatoes	27 *Chicken Lasagna Crispy Fish Sandwich Potato Wedges Crinkle Cut Carrots Green Beans	28 Pulled Pork Sandwich		
29 Sweet & Sour Chicken / Eggrolls	30 MEMORIAL DAY Hamburger Brat Baked Beans Tator Tots Chef Choice Veggies 	31 *Roast Turkey Walking Tacos Mashed Potatoes Green Beans Carrots	Breakfast: M-F: 7:00 - 10:00am Lunch: M-F: 11:30am - 2:00pm Sat & Sun: 11:30am - 1:30pm Supper: Everyday: 5:00 - 6:30pm				 * = B-WELLthy Choice 	



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, Mashed Potatoes, Corn, Banana & Skim Milk.



Select – Choose smooth, brightly colored radishes.

Store – Remove tops before storing. Refrigerate radishes in a plastic bag and use within 1 week.

Prepare – Rinse under cool running water.

Radishes are The Harvest of the Month!

Add radishes to your favorite family meals:

- Add cubed daikon radish to a pot roast or a pan of roasted vegetables.
- Sprinkle sliced fresh radish on soup, stew, or posole.
- Eat raw radishes with plain yogurt or ricotta cheese dip.

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

Did you know?

Not all radishes are red. Radishes come in different sizes, shapes, colors, and flavors. Next time you are at the grocery store try a new type of radish like Watermelon, Black Spanish, or Daikon.



Nutritious, Delicious, Wisconsin!
#WIHarvestofTheMonth