

DECEMBER 2025

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

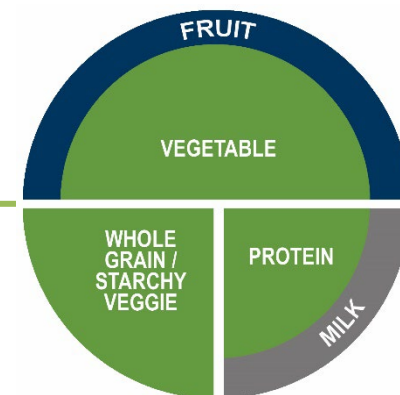
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	2 *Roast Pork Loin Southwest Crispy Chicken Wrap Mashed Potatoes Pea & Carrot Blend	3 *Black Bean Burger With Savory Salsa Chicken Alfredo Fettuccini Pasta Garlic Toast Peas / California Blend	4 *Grilled Cheese on Wheat Stir-Fry Bowl Egg Roll Stir-Fry Vegetables Stewed Tomatoes	5 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn / Green Beans	6 Weekend Menu Hot Sandwiches Pizza Soup / Salad / Sandwich Bar
7	8 *Beef Tips Over Noodles Baked Ham Parslied Butter Noodles Peas & Carrots Corn	9 *Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans / Squash	10 *Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Carrots	11 *Cowboy Beans 'n Beef Hot Dog on Bun Chicken Pot Pie Over Mashed Potatoes or Biscuit Monte Carlo Blend Veggies	12 *Baked Fish Cheese Stuffed Pasta Shells Wild Rice Blend Stewed Tomatoes Winter Blend Veggies	13
14	15 *BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes California Blend Veggies Corn	16 *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli Capri Blend Vegetables	17 *Baked Fish Chicken Carbonara Fettuccini Rice Pilaf Peas Chateau Blend Veggies 	18 *Meatloaf General TSO Chicken Brown Rice Eggroll Stir-Fry Veggies Stewed Tomatoes 	19 *Chicken Lasagna Street Tacos (Beef or Chicken) Crinkle Cut Carrots Green Beans 	20
21	22 *Baked Ham Grilled Chicken Breast Sandwich Roasted Red Potatoes Peas / Broccoli 	23 *Roast Turkey Burrito Bowl Mashed Potatoes Green Beans Carrots 	24 CHRISTMAS EVE *Baked Fish Build-A-Burger (Beef or Black Bean) Garden Rice Monte Carlo Blend Veggies	25 CHRISTMAS Roast Beef Baked Ham Mashed Potatoes & Gravy Green Bean Casserole Sweet Potatoes	26 Crispy Chicken Sandwich Chipotle Lime Tilapia Rice Pilaf Green Beans California Blend Veggies	27
28	29 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli	30 BRH 1st ANNIVERSARY BRH Hosted Meal *Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans / Corn	31 NEW YEAR'S EVE *Cheese Lasagna Rollup Grilled Turkey, Bacon & Cheese on Flatbread Winter Blend Vegetables	Daily Breakfast Features Mon = French Toast Tues = Egg Bake / Bkfst Pizza Wed = Quiche Thurs = Bakery Item Fri = Pancakes		

**HEALTHY MEAL
CHOICES**

* = Healthy Meal Choice

See back for more info.

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 squash that are heavy, firm, and have a full stem.

Store – Store in a cool, dark place for up to one month.

Prepare – Squash with thinner skin, like delicata and sweet dumpling, can be eaten without being peeled. Other winter squash, like butternut or acorn, have a hard rind that can be peeled with a vegetable peeler or sharp knife. You can peel squash before or after cooking.

Winter Squash is the Harvest of the Month!

Add winter squash to your favorite family meals:

- Dice, microwave or roast and add to salad, tacos, rice, or mac and cheese.
- Halve squash, roast cut side down, then add stuffing
- Puree microwaved or roasted squash for a soup or pie!

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

Did you know?

In Aztec, Incan, Mayan, and Native American cultures, squash was grown in companionship with corn and beans. Squash, corn, and beans make up the traditional “Three Sisters”.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

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