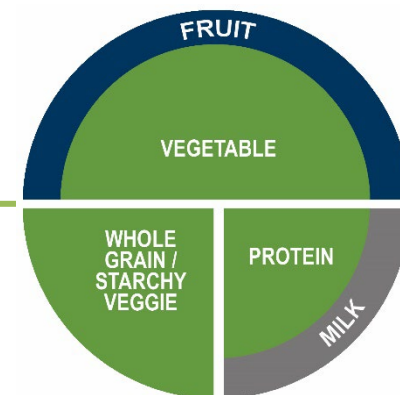


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>HEALTHY MEAL CHOICES</div> <div>* = Healthy Meal Choice</div> <div>See back for more info.</div> </div> <div> <div>Weekend Menu</div> <div>Hot Sandwiches</div> <div>Pizza</div> <div>Soup</div> <div>Salad / Sandwich Bar</div> </div> <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>						
				<b>1 NEW YEAR'S DAY</b> Walking Taco Chicken Strips Tater Tots Crinkle Cut Carrots	<b>2</b> *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Buttered Noodles Green Beans Island Blend Vegetables	<b>3</b>
<b>4</b>	<b>5</b> *Apple Glazed Pork Loin Mac & Cheese Mashed Potato Green Beans Winter Blend Vegetables	<b>6</b> *Herb Baked Chicken <b>PICK TWO-SDAY</b> Sandwich / Soup / Salad Broccoli Corn	<b>7</b> *Baked Fish Nachos Supreme Garden Wild Rice California Blend Vegetables	<b>8</b> *Cilantro Lime Chicken Cheesy Italian Fries Parsley Buttered Noodles Island Blend Vegetables Green Peas	<b>9</b> *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower Asparagus	<b>10</b>
<b>11</b>	<b>12</b> *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	<b>13</b> *Roast Pork Loin Chicken Bacon Ranch Wrap Mashed Potatoes Pea & Carrot Blend	<b>14</b> *Black Bean Burger w/ Savory Salsa Chicken Alfredo Fettuccini Pasta Garlic Toast Peas / California Blend	<b>15</b> *Grilled Cheese on Wheat Stir-Fry Bowl Egg Roll Stir-Fry Vegetables Stewed Tomatoes	<b>16</b> *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn Green Beans	<b>17</b>
<b>18</b>	<b>19</b> *Beef Tips over Noodles Italian Pasta Bake Parslied Butter Noodles Peas & Carrots Corn	<b>20</b> *Baked Herb Seasoned Chicken Bratwurst Bun w/ Sauerkraut Roasted Red Potatoes Green Beans Squash	<b>21</b> *Roast Beef Stuffed Baked Potatoes Bar Mashed Potatoes & Gravy Broccoli Carrots	<b>22</b> *Cowboy Beans n' Beef Hot Dog on Bun Chicken Pot Pie over Mashed Potatoes or Biscuit Monte Carlo Blend Veggies <div>BAKE SALE</div>	<b>23</b> *Baked Fish Cheese Stuffed Pasta Shell Wild Rice Blend Stewed Tomatoes Winter Blend Vegetables	<b>24</b>
<b>25</b>	<b>26</b> *BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes California Blend Veggies Corn	<b>27</b> *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli Capri Blend Vegetables	<b>28</b> *Baked Fish Chicken Carbonara Fettuccini Rice Pilaf Peas Chateau Blend Veggies	<b>29</b> *Meatloaf General TSO Chicken Brown Rice Egg Roll Stir-Fry Vegetables Stewed Tomatoes	<b>30</b> *Chicken Lasagna Street Tacos (Beef or Chicken) Crinkle Cut Carrots Green Beans	<b>31</b>

# 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.



## Beets are The Harvest of the Month!

### Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

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

**Select** – Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

**Store** – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

**Prepare** – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

### Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



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