

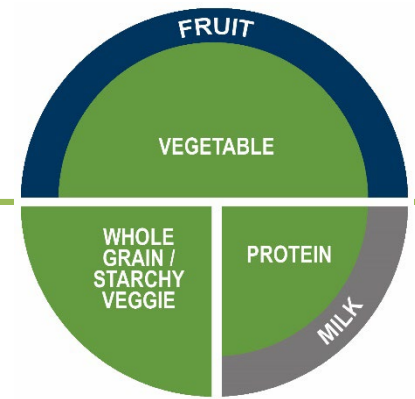


January 2025

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
<p>HEALTHY MEAL CHOICES</p> <p>* = Healthy Meal Choice</p> <p>← See back for more info.</p>		<p>Daily Breakfast Features</p> <p>Mon = French Toast Tues = Egg Bake / Bkfst Pizza Wed = Quiche Thurs = Bakery Item Fri = Pancakes</p>	<p>1</p> <p>Vegetable Lasagna Crispy Chicken Strips Game Day Snack Food Chef's Choice Vegetables</p> 	<p>2</p> <p>*Grilled Cheese on Wheat Stir-fry Bowl Egg Roll Cauliflower Stewed Tomatoes</p>	<p>3</p> <p>*Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn / Green Beans</p>	<p>4</p> <p>Weekend Menu</p> <p>Hot Sandwiches Pizza Soup / Salad / Sandwich Bar</p>
5	6	7	8	9	10	11
	<p>*Beef Tips over noodles Grilled Chicken & Peppers Parslied Butter Noodles Brown Rice Peas & Carrots / Corn</p>	<p>*Baked Herb Seasoned Chicken Bratwurst on Bun with Sauerkraut Roasted Red Potatoes Green Beans / Squash</p>	<p>*Roast Beef Stuffed Baked Potato Bar Mashed Potatoes & Gravy Broccoli Chef's Choice Vegetables</p>	<p>*Cowboy Beans 'n Beef Beef Hot Dog on Bun Chicken Pot Pie Mashed Potatoes Monte Carlo Veggies Spinach</p>	<p>*Baked Fish Stuffed Shells Wild Rice Tomatoes Winter Blend Veggies</p>	
12	13	14	15	16	17	18
	<p>*BBQ Beef Brisket Chicken Fajitas Baked Sweet Potato with Toppings Cali. Blend Veggies / Corn</p>	<p>*Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli / Yellow Beans</p>	<p>*Baked Fish Chicken Carbonara Fettuccini Peas Chateau Blend Veggies</p>	<p>*Meatloaf General TSO Chicken Brown Rice Eggroll Stir Fry Veggies / Tomatoes</p>	<p>*Chicken Lasagna Street Tacos Carrots Green Beans</p>	
19	20	21	22	23	24	25
	<p>*Roast Pork Grilled Chicken Breast Sandwich Roasted Red Bud Potatoes Peas / Broccoli</p>	<p>*Roast Turkey Burrito Bowl Mashed Potatoes Green Beans Carrots</p>	<p>*Baked Fish Build-A-Burger (Beef or Black Bean) Corn Monte Carlo Veggies</p>	<p>*Chicken Fried Rice BBQ Meatballs Mashed Potatoes Chateau Blend Veggies Tomatoes</p> 	<p>*Roast Pork w/ Gravy Chipotle Lime Tilapia Brown Rice Mashed Potatoes Green Beans Cali. Blend Veggies</p>	
26	27	28	29	30	31	
	<p>*Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli</p>	<p>*Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans / Corn</p>	<p>*Cheese Lasagna Rollup Grilled Turkey, Bacon & Cheese on Flatbread Steamed Spinach Blend Vegetables</p>	<p>*Beef Tips & Peppers with Rice Chick Kiev Rice Pilaf Crinkle Cut Carrots Stewed Tomatoes</p>	<p>*BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Potatoes Green Beans Island Blend Vegetables</p>	

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.



Carrots are the Harvest of the Month!

Add carrots to your favorite family meals:

- Add shredded carrots to salads, slaw, or sandwiches.
- Roast carrots and serve as veggie fries.
- Bake with carrots! Add shredded or cooked and mashed carrots to muffins, cakes, and cookies.

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

Select – Choose smooth and firm carrots with a deep color and fresh, green tops.

Store – Remove green tops and refrigerate in a plastic bag for up to 2 weeks.

Prepare – Scrub under running water to remove dirt. Peel if desired.

Did you know?

Carrots come in a rainbow of colors including purple, yellow, white, red, and orange. All carrots have many nutrients, but each color contains different phytochemicals. Phytochemicals act as antioxidants in our body and protect our cells from damage.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

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