

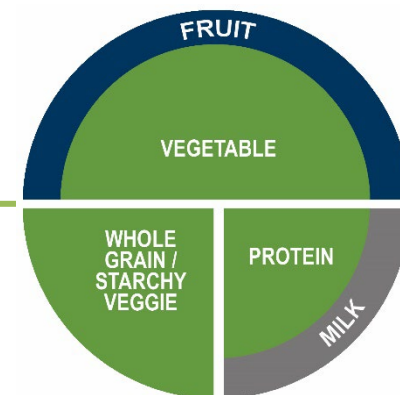


JULY 2025

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
<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>			1 <div>*Meatballs & Gravy</div> <div>Cajun Chicken</div> <div>Mashed Potatoes</div> <div>Broccoli</div> <div>Capri Vegetable Blend</div>	2 <div>*Baked Fish</div> <div>Chicken Carbonara</div> <div>Fettuccini</div> <div>Rice Pilaf</div> <div>Peas</div> <div>Chateau Blend Veggies</div>	3 <div>*Meatloaf</div> <div>General TSO Chicken</div> <div>Brown Rice</div> <div>Eggroll</div> <div>Stir Fry Veggies / Tomatoes</div> <div>BAKE SALE</div>	4 <div>4TH OF JULY</div> <div>*BBQ Pulled Pork Sandwich</div> <div>Crispy Chicken Strips</div> <div>French Fries</div> <div>Baked Beans</div> <div>Peas & Carrots</div> <div>★ ★ ★</div>	5 <div>Weekend Menu</div> <div>Hot Sandwiches</div> <div>Pizza</div> <div>Soup / Salad / Sandwich Bar</div>
		6	7 <div>*Baked Ham</div> <div>Grilled Chicken</div> <div>Breast Sandwich</div> <div>Roasted Red Bud Potatoes</div> <div>Peas / Broccoli</div>	8 <div>*Roast Turkey</div> <div>Burrito Bowl</div> <div>Mashed Potatoes</div> <div>Green Beans</div> <div>Carrots</div>	9 <div>*Baked Fish</div> <div>Build-A-Burger (Beef or Black Bean)</div> <div>Garden Rice</div> <div>Monte Carlo Veggies</div>	10 <div>*BBQ Meatballs</div> <div>Chicken Fried Rice</div> <div>Mashed Potatoes</div> <div>Egg Roll</div> <div>Chateau Blend Veggies</div> <div>Tomatoes</div>	11 <div>*Roast Pork w/ Gravy</div> <div>Chipotle Lime Tilapia</div> <div>Brown Rice</div> <div>Mashed Potatoes</div> <div>Green Beans</div> <div>Cali. Blend Veggies</div>
13	14 <div>*Chicken Cordon Bleu</div> <div>Hot Beef Sandwich</div> <div>Mashed Potatoes</div> <div>Mixed Vegetables</div> <div>Broccoli</div>	15 <div>*Honey Garlic Chicken Breast</div> <div>Spaghetti with Meat Sauce</div> <div>Garlic Toast</div> <div>Garden Blend Rice</div> <div>Green Beans / Corn</div>	16 <div>*Cheese Lasagna Rollup</div> <div>Grilled Turkey, Bacon & Cheese on Flatbread</div> <div>Capri Vegetable Blend</div>	17 <div>*Beef Tips & Peppers with Rice</div> <div>Chick Kiev</div> <div>Rice Pilaf</div> <div>Crinkle Cut Carrots</div> <div>Stewed Tomatoes</div>	18 <div>*BBQ Pulled Pork Sandwich</div> <div>Potato Crusted Fish</div> <div>Parsley Potatoes</div> <div>Green Beans</div> <div>Island Blend Vegetables</div>	19	
20	21 <div>*Apple Glazed Pork Loin</div> <div>Mac & Cheese</div> <div>Mashed Potato</div> <div>Green Beans</div> <div>Winter Blend Vegetables</div>	22 <div>*Herb Baked Chicken</div> <div>PICK TWO-SDAY</div> <div>Sandwich / Soup / Salad</div> <div>Mashed Potatoes & Gravy</div> <div>Broccoli / Corn</div>	23 <div>*Baked Fish</div> <div>Nachos Supreme</div> <div>Garden Wild Rice</div> <div>California Blend Vegetables</div>	24 <div>*Cilantro Lime Chicken</div> <div>Cheesy Italian Fries</div> <div>Parsley Buttered Noodles</div> <div>Island Blend Vegetables</div> <div>Green Peas</div>	25 <div>*Teriyaki Beef & Broccoli</div> <div>Grilled Salmon</div> <div>Brown Rice</div> <div>Cauliflower / Asparagus</div>	26	
27	28 <div>*Chicken Parmesan</div> <div>Philly Steak Sandwich</div> <div>Pasta</div> <div>Carrots</div> <div>Broccoli</div>	29 <div>*Roast Pork Loin</div> <div>Crispy Chicken Wrap</div> <div>Mashed Potatoes</div> <div>Capri Vegetable Blend</div>	30 <div>*Black Bean Burger With Savory Salsa</div> <div>Chicken Alfredo</div> <div>Fettuccini Pasta</div> <div>Garlic Toast</div> <div>Peas / California Blend</div>	31 <div>*Grilled Cheese on Wheat</div> <div>Stir-fry Bowl</div> <div>Egg roll</div> <div>Cauliflower</div> <div>Stewed Tomatoes</div>	<div>HEALTHY MEAL CHOICES</div> <div>* = Healthy Meal Choice</div> <div>See back for more info.</div>		

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 peppers that are firm and bright colored.
- Store** – Refrigerate in a plastic bag and use within 5 days.
- Prepare** – Sweet and hot peppers are delicious raw, grilled, or sauteed!

Peppers are the Harvest of the Month!

Add peppers to your favorite family meals:

- Slice peppers into strips and eat raw with your favorite dip.
- Roast or saute sliced peppers to add to burritos or fajitas.
- Cook peppers into a tomato sauce and add to pasta.

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

Did you know?

Peppers can be split into two categories, hot and sweet. Hot peppers contain a compound called capsaicin which makes them hot and spicy. The most common type of sweet peppers are bell peppers. Red, orange, and yellow bell peppers are very ripe green bell peppers.



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.