


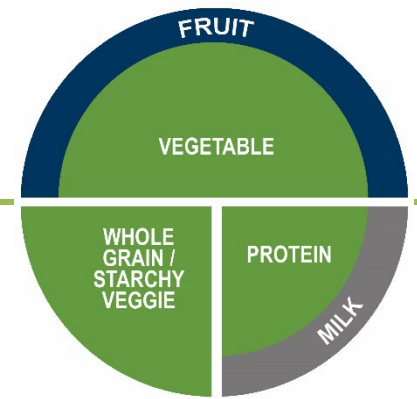


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 *Roast Turkey Grilled Chicken Breast Sandwich Mashed Potatoes Peas / Broccoli	4 MARDI GRAS *Cajun Chicken Sausage & Chicken Gumbo Dirty Rice Green Beans Carrots 	5 ASH WEDNESDAY *Baked Fish Build-A-Burger (Beef or Black Bean) Beets Monte Carlo Veggies	6 *BBQ Meatballs Chicken Fried Rice Mashed Potatoes Chateau Blend Veggies Tomatoes	7 *Roast Pork w/ Gravy Chipotle Lime Tilapia Brown Rice Mashed Potatoes Green Beans Cali. Blend Veggies	8
9	10 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli	11 *Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans / Corn	12 *Cheese Lasagna Rollup Grilled Turkey, Bacon & Cheese on Flatbread Steamed Spinach Blend Vegetables	13 *Beef Tips & Peppers with Rice Chick Kiev Rice Pilaf Crinkle Cut Carrots Stewed Tomatoes	14 *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Potatoes Green Beans Island Blend Vegetables	15
16	17 ST PATRICK'S DAY *Apple Glazed Pork Loin Reuben Sandwiches Mashed Potatoes Green Beans Mixed Vegetables	18 *Herb Baked Chicken PICK TWO-SDAY Sandwich / Soup / Salad Mashed Potatoes & Gravy Broccoli / Corn	19 * Baked Fish Nachos Supreme Rice Pilaf California Blend Vegetables / Beets	20 *Cilantro Lime Chicken Cheesy Italian Fries Parsley Buttered Noodles Island Blend Vegetables Green Peas	21 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower / Asparagus	22
23	24 *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	25 *Roast Pork Loin Crispy Chicken Wrap Mashed Potatoes Monte Carlo Blend Pea & Carrot Blend	26 *Black Bean Burger With Savory Salsa Chicken Alfredo Fettuccini Pasta Garlic Toast Peas / California Blend	27 *Grilled Cheese on Wheat Stir-fry Bowl Egg roll Stir Fry Vegetables Stewed Tomatoes 	28 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn / Green Beans	29
30	31 *Beef Tips over noodles Baked Ham Parslied Butter Noodles Peas & Carrots / Corn	<div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>Weekend Menu</p> <p>Hot Sandwiches Pizza Soup Salad / Sandwich Bar</p> </div>		<div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>Daily Breakfast Features</p> <p>Mon = French Toast Thurs = Bakery Item Tues = Egg Bake / Bkfst Pizza Fri = Pancakes Wed = Quiche</p> </div>		<p>HEALTHY MEAL CHOICES</p> <p>* = Healthy Meal Choice</p> <p>See back for more info. </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 & Skim Milk.

WITH **POWER UP SWEET POTATO**



Select – Choose sweet potatoes that are firm and smooth.

Store – Store in a cool, dark place for 3-5 weeks.

Prepare – Rinse under cool, running water and scrub to remove dirt.

Sweet Potatoes are the Harvest of the Month!

Add sweet potatoes to your favorite family meals:

- Slice, toss with oil and seasonings, and bake to make sweet potato fries.
- Mash with butter and cinnamon for a sweet side dish.
- Bake whole and top with black beans & salsa or maple syrup & toasted pecans.

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

Did you know?

Sometimes people call sweet potatoes yams, but yams and sweet potatoes are different vegetables! Sweet potatoes are root vegetables that came from the tropical regions of Central and South America. Yams are large, starchy roots from Africa and Asia.



Nutritious, Delicious, Wisconsin!
#WithVestofTheMonth



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