

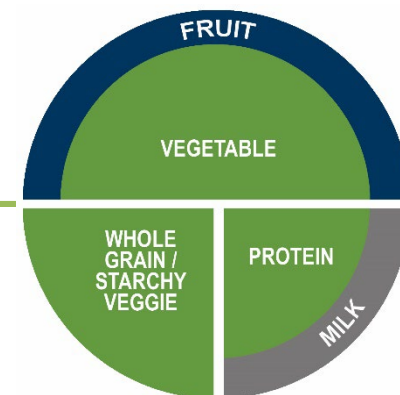


Breakfast:
M-F: 7:00am - 10:00am
Lunch: M-F: 11:30am - 2:00pm
Sat & Sun: 11:30am - 1:30pm
Supper:
Everyday: 5:00pm - 6:30pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HEALTHY MEAL CHOICES * = Healthy Meal Choice See back for more info.		Weekend Menu Hot Sandwiches Pizza Soup Salad / Sandwich Bar	Daily Breakfast Features Mon = French Toast Tues = Egg Bake / Bkfst Pizza Wed = Quiche Thurs = Bakery Item Fri = Pancakes	1 *Cilantro Lime Chicken Cheesy Italian Fries Parsley Buttered Noodles Island Blend Vegetables Green Peas	2 *Teriyaki Beef & Broccoli Grilled Salmon Brown Rice Cauliflower / Asparagus	3
4	5 CINCO DE MAYO *Chicken Parmesan Philly Steak Sandwich Pasta Carrots Broccoli	6 *Roast Pork Loin Crispy Chicken Wrap Mashed Potatoes Cauliflower Pea & Carrot Blend	7 *Black Bean Burger with Savory Salsa Chicken Alfredo Fettuccini Pasta Garlic Toast Peas / California Blend	8 *Grilled Cheese on Wheat Stir-fry Bowl Egg roll Seasoned Cabbage Stir-Fry Veggies	9 *Meatballs with Tomato & Green Pepper Sauce Parmesan Panko Cod Brown Rice Corn / Green Beans	10
11 50/60s Day MOTHER'S DAY Healthcare Week Begins	12 50/60s Drive-In Menu Shakes & Malts Grilled Burgers Grilled Chicken Sandwich Grilled Hot Dogs French Fries Peas & Carrots	13 70s Day / BBQ Truck Soup Bar: Assorted Soups Pizza by the Slice Green Beans	14 80s Day / Donut Truck Walking Tacos: Beef Chicken Pulled Pork Broccoli	15 90s Day / Top 100 Critical Access Hospital Celebration BRH Hosted Meal: Pasta Bar Cake Drink	16 Fav Decade / Fun Food Potato Skins With Toppings Mac & Cheese Bowl Chef Choice Veggie	17 20s Day Healthcare Week Ends
18	19 *BBQ Beef Brisket Chicken Fajitas Redbud Smashes Potatoes Cali. Blend Veggies / Corn	20 *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli / Monte Carlo Blend	21 *Baked Fish Chicken Carbonara Fettuccini Rice Pilaf Peas Chateau Blend Veggies	22 *Meatloaf General TSO Chicken Brown Rice Eggroll Stir Fry Veggies / Seasoned Cabbage	23 *Chicken Lasagna Street Tacos Spanish Rice Carrots Green Beans	24
25	26 MEMORIAL DAY *Bratwurst on Bun & Kraut Grilled Chicken Breast Sandwich Roasted Red Bud Potatoes Broccoli	27 *Roast Turkey Taco – Beef or Chicken Mashed Potatoes Green Beans Carrots	28 *Baked Fish Build-A-Burger (Beef or Black Bean) Beets Monte Carlo Veggies	29 *BBQ Meatballs Chicken Fried Rice Mashed Potatoes Chateau Blend Veggies Tomatoes Egg Roll	30 *Roast Pork w/ Gravy Chipotle Lime Tilapia Brown Rice Mashed Potatoes Cali. Blend Veggies Green Beans	31



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.



Select – Choose sugar snap peas that are bright green and firm.

Store – For the sweetest flavor, serve peas as soon as possible. Refrigerate in a perforated plastic bag and use within 2 days.

Prepare – Rinse and trim both ends.

Sweet Peas are the Harvest of the Month!

Add sweet peas to your favorite family meals:

- Add fresh or frozen green peas to soup or pasta salad.
- Toss snow peas in a stir fry.
- Serve sugar snap peas with a healthy dip.

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

Did you know?

Peas are seeds! There are three main kinds of peas that we eat: green (or garden) peas, sugar snap peas, and snow peas. With sugar snap peas and snow peas you can eat the whole pod!



Nutritious, Delicious, Wisconsin!
#WIHarvestofTheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

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