

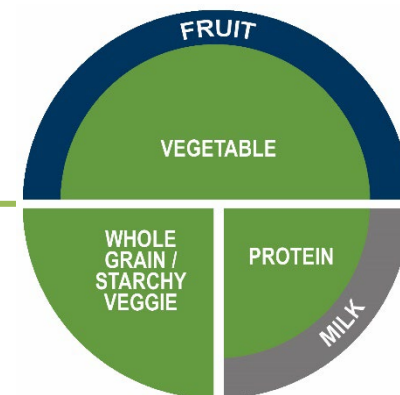


NOVEMBER 2025

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
HEALTHY MEAL CHOICES * = Healthy Meal Choice See back for more info.		Daily Breakfast Features Mon = French Toast Tues = Egg Bake / Bkfst Pizza Wed = Quiche Thurs = Bakery Item Fri = Pancakes		Weekend Menu Hot Sandwiches Pizza Soup Salad / Sandwich Bar		1
2	3 *BBQ Beef Brisket Chicken Fajitas Red Bud Smashed Potatoes California Blend Veggies Corn	4 *Meatballs & Gravy Cajun Chicken Mashed Potatoes Broccoli Capri Blend Vegetables	5 *Baked Fish Chicken Carbonara Fettuccini Rice Pilaf Peas Chateau Blend Veggies	6 *Meatloaf General TSO Chicken Brown Rice Egg Roll Stir Fry Vegetables Stewed Tomatoes	7 *Chicken Lasagna Street Tacos (Beef or Chicken) Crinkle Cut Carrots Green Beans	8
9	10 *Cranberry Pork Loin Grilled Chicken Breast Sandwich Roasted Red Potatoes Peas Broccoli	11 VETERANS DAY *Roast Turkey Burrito Bowl Mashed Potatoes Green Beans Carrots	12 *Baked Fish Build-A-Burger (Beef or Black Bean) Garden Rice Monte Carlo Veggies	13 *BBQ Meatballs Chicken Fried Rice Mashed Potatoes Egg Roll Chateau Blend Veggies Stewed Tomatoes	14 *Roast Pork w/ Gravy Chipotle Lime Tilapia Mashed Potatoes Green Beans California Blend Vegetables	15
16	17 *Chicken Cordon Bleu Hot Beef Sandwich Mashed Potatoes Mixed Vegetables Broccoli	18 *Honey Garlic Chicken Breast Spaghetti with Meat Sauce Garlic Toast Garden Blend Rice Green Beans Corn	19 *Cheese Lasagna Rollup Grilled Ham & Cheese on Rye Winter Blend Vegetables	20 HOLIDAY TEA Soup Bar: Assorted Soups & Beef Chili Corn Bread Turkey, Bacon, & Swiss Slider Monte Carlo Vegetables	21 *BBQ Pulled Pork Sandwich Potato Crusted Fish Parsley Buttered Potatoes Green Peas Island Blend Veggies	22
23	24 *Apple Glazed Pork Loin Mac & Cheese Mashed Potato Green Beans Winter Blend Vegetables	25 *Roast Beef PICK TWO-SDAY Sandwich / Soup / Salad Mashed Potatoes & Gravy Broccoli Corn	26 *Baked Fish Nachos Supreme Garden Wild Rice California Blend Veggies	27 THANKSGIVING Roasted Turkey Baked Ham Mashed Potatoes & Gravy Stuffing Candied Yams Green Bean Casserole	28 *BBQ Meatballs Crispy Fish Sandwich Scalloped Potatoes Carrots Peas	29
30						

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 – Cranberries are available fresh, frozen, canned, dried, and as 100% juice. If selecting fresh, choose plump, firm berries with a deep red color.

Store – Refrigerate cranberries for up to 2 months or freeze for up to 9 months.

Prepare – Sort and discard bruised cranberries. Do not thaw frozen cranberries. Simply rinse the frozen berry and add to your favorite muffin or stuffing recipe.

Cranberries are The Harvest of the Month!

Add cranberries to your favorite family meals:

- Toss cranberries on oatmeal or cold cereal.
- Mix dried cranberries, raisins, cereal, and nuts for a healthy snack mix.
- Add cranberries to salads for a refreshing punch of tartness.

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

Did you know?

Cranberries are the state fruit of Wisconsin! 62% of the cranberries grown in the United States come from Wisconsin.



Nutritious, Delicious, Wisconsin!
#WIharvestoftheMonth



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